

# **Neuromuscular Dentistry**

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## **What is Neuromuscular Dentistry?**

Neuromuscular Dentistry (NMD) is a scientific enhancement to traditional dentistry. It gives additional consideration to the very important and complex relationships between the teeth, jaw muscle and joints, and the skull when evaluating your bite.

While teeth have always been the focus of dentistry, it is now known that the effects of the jaw muscles must be considered. In the past, dentists could only manually feel jaw muscles to see if they were tense. Fortunately today, NMD is able to evaluate the muscles and joints scientifically, with precise instruments in order to observe how the important relationship is functioning.

The goal of NMD is to find the optimal relationship with the jaw and skull. By pinpointing this exact location, NMD is able to relax the jaw muscles to a “*TRUE REST*” position, where ideal dental treatments will then be able to be established.

## **Who could benefit from Neuromuscular Dentistry?**

Candidates for NMD are those that suffer from headaches, jaw pain, jaw clenching, neck pain, and even patients that have experienced breakage of natural or restored teeth.

The advancements in the technology of NMD, also provide benefits to athletes who wish to improve their sport performance. Pro athletes have reportedly experienced increases in athletic performance by relaxing body muscles, improved airflow, and energy. With the muscles at their optimal position, this can also translate into better strength, balance and flexibility.

Patients receiving significant dental treatments, whether now or in the future, can reap the rewards of the technologies now available with Neuromuscular Dentistry.