

PROGRESSIVE APPLIANCE THERAPY

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Although there are certainly occasions when appliance therapy is used for determination of a differential diagnosis in craniomandibular disorders, it should generally be done only after the clinician has developed a definitive diagnosis, treatment plan, and prognosis for the individual patient.

This section will detail a logical, goal minded progression of appliance therapy. The ultimate goal of appliance therapy is return of normal stomatognathic function in an asymptomatic patient. Getting to that point will require an individualized approach. This series was developed with the approach that if stabilization is planned, the final appliance will have discovered the most orthopedically correct maxillo-mandibular relationship in the most upright body posture. From this relationship, initiation of stabilization, such as orthodontics or prosthetics, can begin.

Mandibular Decompression Appliance (MDA)

This is an appliance that may be used in the **diagnosis and treatment** of occlusal dysfunction and craniomandibular disorders. There have been several names given to the MDA including a bioplast splint, soft pivot appliance, pain release appliance, and temporary diagnostic appliance. This appliance has several advantages:

1. Bioplast is forgiving.
2. A mandibular appliance is esthetic and phonetic.
3. Its pivotal design frees the mandible to allow A-P and lateral repositioning.
4. Bilateral balance is easily achieved.
5. With contact on the ML cusp of the maxillary molars, a cranial pump is formed for physiologic balancing.
6. Vacuum made appliances are quick and inexpensive.

The primary indication for the MDA is pain although pain elimination does not always indicate an occlusal or TMJ etiology. The secondary indication is dysfunction. It can also be helpful in diagnosis and reversal cases. The appliance allows **proprioceptive deprogramming, differential condylar support, and support of vertical dimension**. It is a very conservative appliance and can also be used in combination with dentures, partials, or in episodic situations. Wear is 24 hours except when eating.

Armamentarium:

1. Bioplast - 2 mm and 3 mm (Great Lakes Orthodontics 1-800-828-7626)
2. Lathe chamois polishing wheel
3. Thick articulating paper (Mynol)
4. Scissors
5. Laboratory medium black polisher bur (# 0664 Brasseler 1-800-841-4522)
6. Vacuum former

Summary and Advantages:

1. Diagnostic and therapeutic
2. Conservative and conservative
3. Aesthetic and phonetic
4. Simple fabrication and insertion
5. Relatively inexpensive
6. Excellent patient compliance and versatility

Fabrication notes:

Muscle Rehabilitation Appliance

Features of the muscle rehabilitation appliance:

1. Used as a follow up to the hard pivotal appliance
2. Improves and rehabilitates muscle tone
3. Improves mandibular stability
4. It is worn 24 hours, even when eating
5. Very adjustable

Armamentarium:

1. Arbor band and laboratory burs
2. Articulating paper
3. Orthodontic resin

Fabrication notes:
