

## DIAGNOSIS AND TREATMENT OF UNILATERAL CONDYLAR COMPRESSION

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**Aim:** Implementation and verification of a simple, rapid and effective method for unilateral temporomandibular joint distraction when joint compression is suspected or confirmed.

The standard methods are either accompanied with high laboratory effort: articulator, only distractable in one step, irreversible and rigid or higher external costs due to purchase of appliance, moderate dimensional accuracy (prefabricated).

**M & M** Following clinical as well as supplementary (MRT-) diagnosis and according to additional tx-requirements different splints are inserted. On the compression side orthodontic elastics (1/8, 3/16 inch) are placed at the occlusion surface regio 6 + 7.

The application was used for surgical splints, adjusted and unadjusted splints and Osamu retainers.



### Results

The treatment of patients with the modified splint shows spontaneous distraction with reduction of the subjective complaints in the majority of cases. The distracting effect is often realized by patients immediately. The method is used in short time, with low effort and cost-effective, in particular if there is an existing splint or suspected diagnosis. The elastic pivots are perceived by the patients as comfortable.

### Conclusion

There are different approaches for temporomandibular joint distraction. The method presented here supplements well known treatment options with a rapidly available and cost-effective alternative.



Modifications during ongoing orthodontic treatment

• Sabbagh, Aladin, Mahony, Derek, Funcional Diagnostics and AquaSplint Therapy, Australasian Dentist ..  
Muhtarogullan, Mehmet, Avci, Mehmet, Yuzugullu, Bulem, Efficiency of pivot splints as jaw exercise apparatus in combination with stabilization splints in anterior disc displacement without reduction: a retrospective study. Muhtarogullari et al. Head & Face Medicine 2014, 10:42, www.head-face-med.com/content/10/1/42