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Bruxism: Diagnosis and new ways of functional treatment by the Face Former Therapy

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Looking at the current recommendations for treatment craniomandibular disorders (CMD) of bruxism in particular, those are based primarily on two approaches: On one side, dentists try to change the occlusion with occlusal splints. Furthermore nocturnal bruxism is explained as a reaction of the subconscious to stress. The patient is treated more psysiotherapeutically.

Both approaches alone or in combination should reduce the symptoms or prevent long-term consequences, such as tooth abrasion or periodontal disease. A new therapeutic approach for the treatment of CMD is the Face Former Therapy after Berndsen/Berndsen.

Following the researchers description, the main causes of CMD is disturbed muscle function. They explain the relationship with their "Interactive Cranio Cervical Myofunctions Model" (CCMM). The "Face Former Therapy" is based on this model and takes account of neurophysiological processes; for the exercises require a training device, the "Face Former". By this the interactive features of the craniomandibular muscles are consistently activated. Muscle function will also be harmonized and strengthened. Furthermore, the physiological breathing, tongue position, mouth and head balance physiologically trained.

A pilot study was developed. Initiating partners were the Centre of Rehabilitation, ISST-Unna and the Department Of Orthodontics of Frankfurt University. Patients and their live partners were rated respectively proxirated by the "Multi-Lickert-Scale".

All patients were treated for 8 weeks with the Face Former Therapy. 8 of them had had already several years occlusal splints therapy. 6 participated in a combined dental therapy and physiotherapy. None of these showed a sustained positive change. 4 participated for the first time. 6 patients already showed a significant improvement after two weeks of Face Former Therapy in pain symptoms.

The ratings shows for the period of 8 weeks an average increase of 61.36 (patients), the Proxi-Ratig of 56.82 percent.

Summary: The Face Former Therapy effectively reduces craniomandibular disorders. Through rigorous training, a muscular Dysbalance in the stomatognathic system subsided.