

**HOW TO CREATE AND PERPETUATE  
HEAD-NECK DYSFUNCTIONS:**

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**AGGRESSIVELY ATTEMPT TO OBTAIN "CENTRIC" BEFORE ESTABLISHING:**

(1) satisfactory vertical dimension (2) unrestricted envelope of function (3) vertical only loading of posterior teeth.

**EQUILIBRATE WITHOUT FIRST FILLING IN LOW FOSSAE**

**UNDERFILL THE POSTERIOR TEETH CAUSING:**

- Loss of centric stop in center of tooth
- New centric stop is lateral interference after eruption and migration
- Introduction of clamping vs. natural equilibration by grinding
- Closure of vertical dimension - intrusion of posteriors by clenching - too noxious to brux resulting in:
  - Increased overbite
  - Mandibular retrusion by: (1) neuro muscular avoidance or (2) mechanical wedging.

**OVERCONTOUR LINGUAL SURFACES OF UPPER ANTERIORS CAUSING:**

Retrusion of mandible to avoid noxious contact

**ESTABLISH WORKING SIDE CONTACTS resulting in:**

- Masseter stimulation and bruxing
- Muscular avoidance to opposite side
- Posterior bone loss and/or tooth sensitivity

**OVERCONTOUR THE LOWER BUCCAL/UPPER LINGUAL CUSPS** - places root forces outside vertical axis causing tipping forces = compression and tension in periodontium

**PLACE CENTRIC CONTACTS** so that vertical axis of tooth is not straddled.

**ORTHODONTIC OVER RETRUSION OF ANTERIOR TEETH**

Retrusion of anteriors into envelope of function

Creation of laterally or distally locked occlusion

**ACCEPT AN ORTHODONTIC OR RESTORATIVE RESULT** with lower buccal cusps in distal fossae of upper teeth. Upper transverse ridges are immediate distalizing interferences - restrictive to protrusive freedom - requires great care in fine tuning the occlusion to prevent distal avoidance of mandible

**CLOSE THE VERTICAL DIMENSION**

By equilibration without fossa build-up in order to maintain vertical dimension - (many lateral interferences are also centric stops)

**ENCROACH INTO THE TONGUE SPACE** with fat teeth or bulky appliances

Tongue retrusion = Mandibular retrusion = Cervical hyperextension, etc.

**STEEPEN** tooth anatomy with each new restoration - causing all of above to accumulate with time.