

Reasons Why We Clench & Grind Our Teeth

Clenching and grinding of teeth are at an all-time high during these extremely stressful times. General and specific anxiety, tension and fears do not just disappear when sleeping. While some people grind and clench their teeth during the day, MOST do this at night- in their sleep- and are unaware that they do it; except for the pain they suffer. In my dental community it is reported as “Bruxism”. Studies show that as many as **1-in-3 people** suffer from some form of bruxism.

While most all dentists see the symptoms of bruxism, many do not understand how much related head and neck pain exists caused by this. Most understand that jaw pain, in the absence of tooth disease, could be related to clenching or grinding, but upper shoulder pain, neck pain, headaches, ear pain and even vertigo can also be related to this problem.

I suffered from it, too

Over 30 years ago I began to experience shoulder pain, neck pain and migraine headaches which were so bad that I had an MRI taken. No cause was evident for this problem. Even as a dentist I was not aware of clenching or grinding my teeth.

To empathize with someone, many say “I feel your pain”. I truly did feel the pain. Since that time, I’ve become very passionate about the problem and have taken many courses relating to TMJ and head and neck pain. Also, in part due to my own problems, I have been able to diagnose and treat hundreds of people who unknowingly suffer from these problems.

But how can clenching or grinding cause neck and headache pain?

I’ve experienced a phenomenon when I injured muscle in my chest; within hours the pain traveled to my back as the muscles had a reflex contraction. I’ve also experienced the reverse, hurting my back and 12 hours later abdominal muscles reacted with contraction. I call this MRC (Musculoskeletal Reflex Contraction).

Treating the cause, NOT the symptoms

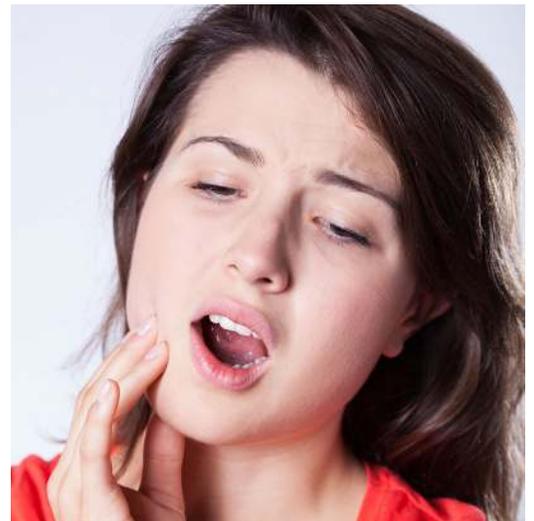
I assert that the same thing is happening when the jaw muscles overreact. When the muscle contraction and pain reach this extreme on one side, there can be a reflex contraction on the opposite side- or vice versa.

In short, as the jaw muscles contract on the front, the shoulder neck and head muscles reflexively contract on the back. Hence, the connection - the mystery - is explained! One thing is certain; once the clenching and grinding were treated with a proper appliance, the shoulder neck and headache pain dissipated!

Finally, years ago I began working on a device that has now become known as GrindRelief, and my shoulder, neck pain and headaches disappeared!



Joe Pelerin, DDS



For more information, visit grindreliefn.com

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Reasons Why We Clench & Grind Our Teeth CONTINUED

The first appliance that I used myself and made for my patients was the typical “full rubber horseshoe” appliance. When made exactly right, these devices can give relief from symptoms. However, research shows that these appliances can actually cause muscles to contract more! So, the teeth are somewhat protected, but the muscles work overtime. I also found that a number of my patients could not wear these large, bulky devices.

If not treated:

There is a well-known series of symptoms and conditions that evolve if the bruxism continues unchecked. Some can be repaired with extensive dental work, and some damage is permanent.

- Tooth damage is huge and multifaceted and, of course, wear and fracture of the teeth (Fig 1) is most evident.
- Flexural forces from bruxing can cause notching or chipping at the gum-line, defined as abfraction (Fig 2)
- Moreover, general sensitivity of the teeth, and even root canal treatment on virgin teeth, may also result.
- If forceful and persistent enough, it can also cause bone-loss, under the gums which leads to loss of teeth (Fig 3 X-ray)

It may not be too late

I have personally worn many types of appliances and have treated thousands of patients over the last 30+ years. And, while no one appliance is good for every patient, I have had the best success with **GrindRelief Nighttime**. With **GrindRelief Nighttime**, as the person tries to clench or grind, the pressure is put on a front Central Power Bar. This Power Bar creates pressure on the upper and lower mid-line at the same time to prevent the back (clenching) teeth from coming together. This doubles the beneficial mechanism of action of the other, more expensive devices. The thermoplastic inside this device can be re-formed as many times as needed and it can be fitted onto the upper or lower front teeth. It only covers the upper or lower front 6 to 8 teeth, so it is comfortable to wear, and neutral in color. It provides a perfect answer to help reduce the damaging muscle hyperactivity.



Fig 1



Fig 2



Fig 3

GrindRelief[®]

THE BEST Device for
Clenching and Grinding*



Go to www.grindreliefn.com to see why it works, how to fit it yourself, find a dentist to fit it for you, and read the many testimonials of people who have been helped when nothing else has worked for them.



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