

# POSTURE, PAIN, AND YOUR BITE

## IT'S ALL CONNECTED

### DID YOU KNOW?

- If you have had a whiplash or concussion, seeing a dentist right away to correct a possible misaligned bite may help prevent chronic aches and pains
- Before you consider extracting your child's teeth (especially molars) to make room, consider other options such as palate expansion. Check out [righttogrow.org](http://righttogrow.org) for more information. There are better options out there now and it may save your child from developing postural problems down the road.

### INTEGRATION OF YOUR BITE AND POSTURE

- The interdisciplinary approach of care can bring about positive life changing results for patients with some chronic pain conditions that have not responded to traditional means. Neck and jaw pain, persistent headaches.
- Just as some patients need good supportive footwear or custom orthotics, some may need a bite guard to balance the right and left sides of their bodies and move efficiently without muscle compensation or pain. (Usually a flat plane splint that sits on the bottom teeth and allows good, even contact all around is recommended.)

### WHAT A TYPICAL CO-TREATMENT SESSION LOOKS LIKE:

1. The PT performs a series of objective orthopedic tests (ex: neck rotation, arm ROM, pelvis alignment) to compare the right and left side of the body
2. The PT gets the patient to a neutral/balanced position using repositioning exercises

3. The dentist takes the impression for the bite guard in the newly achieved neutral position
4. The tests are repeated with the bite guard in place to ensure neutral alignment is maintained
5. Exercises are then prescribed and done with the bite guard in place to retrain muscles in the new position.

#### **WHAT CAN POSTURAL RESTORATION BASED PT DO?**

- Postural Restoration trained physical therapists look at the whole body, not separating it into different parts. They help people realize how every system and body part is interconnected from head to toes, one influencing the other. They work together with podiatrists, dentists and sometimes optometrists to help balance the body and prevent muscle compensation and pain.