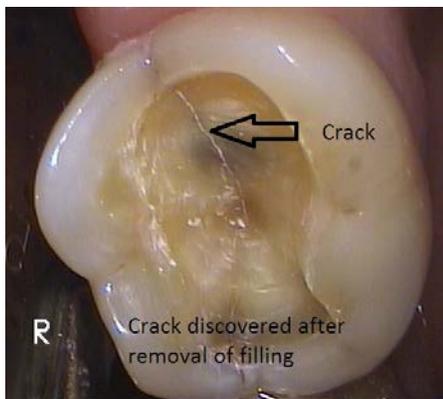


# The Ideal Bite and DTR Therapy

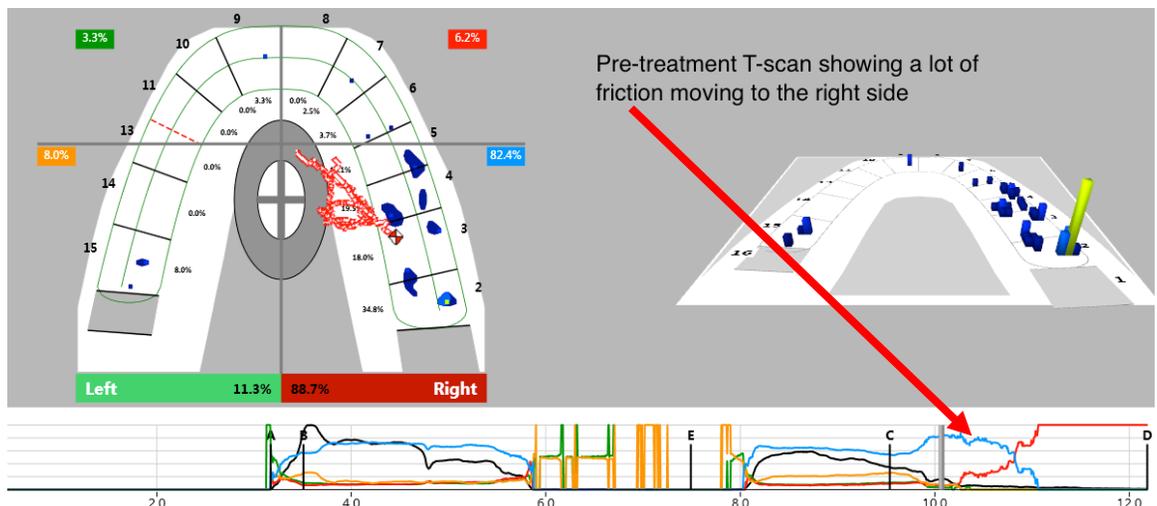
## What is the ideal bite?

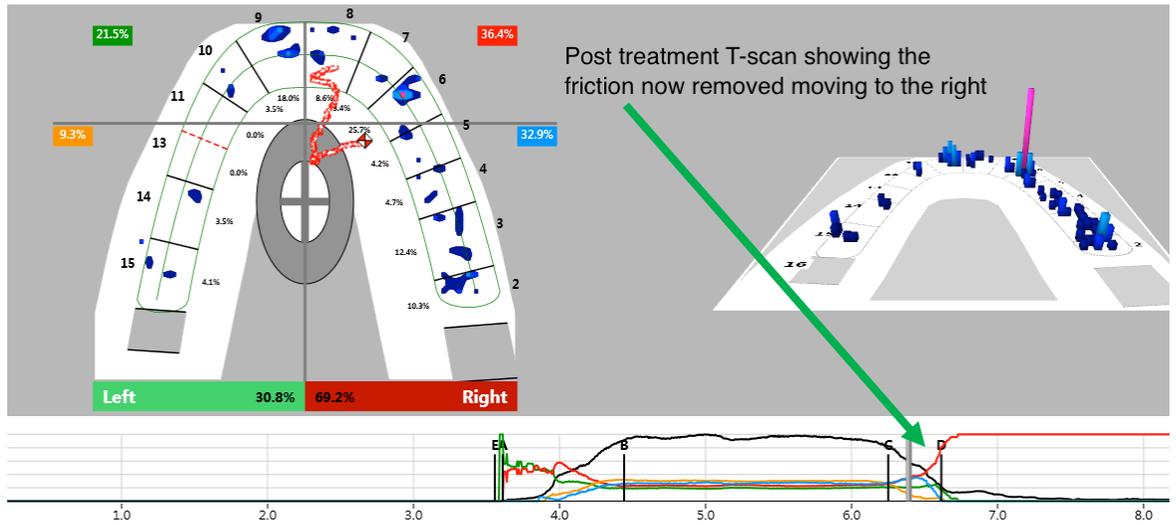
The ideal bite allows the teeth to function in harmony with the muscles of the jaw and the joint. This is a bite that has very little **friction**. The teeth come together for a short amount of time and release very quickly. An ideal bite has many benefits. The first is less pressure on the teeth. This means that over decades of use, teeth won't crack or break, fillings/crowns/root canals/implants will last longer, and the teeth will be less sensitive. Less pressure on the teeth also results in less muscle strain, and less pain and tension in the face and jaw joint that could potentially mean fewer headaches. **Too much friction and grinding in the teeth is the most common reason for dental issues.** This type of contact occurs during chewing, swallowing, talking, nighttime grinding, clenching, and sleep apnea. It is a chronic condition, but symptoms may come and go and often don't present until years later.



## How do you diagnose the bite?

Technology called the T-Scan is the only reliable way to diagnose your bite. Without it, all the dentist is doing is guessing. This digital scan will show the imbalance and excess friction on each tooth. This confirms the diagnosis, and guides the treatment.





This patient above always left the dental office with a headache due to her TMJ issues and exhausted muscles. She now can eat difficult foods like a chewy steak and have her teeth cleaned without getting a headache. This relief was finally achieved after decades of pain and tension.

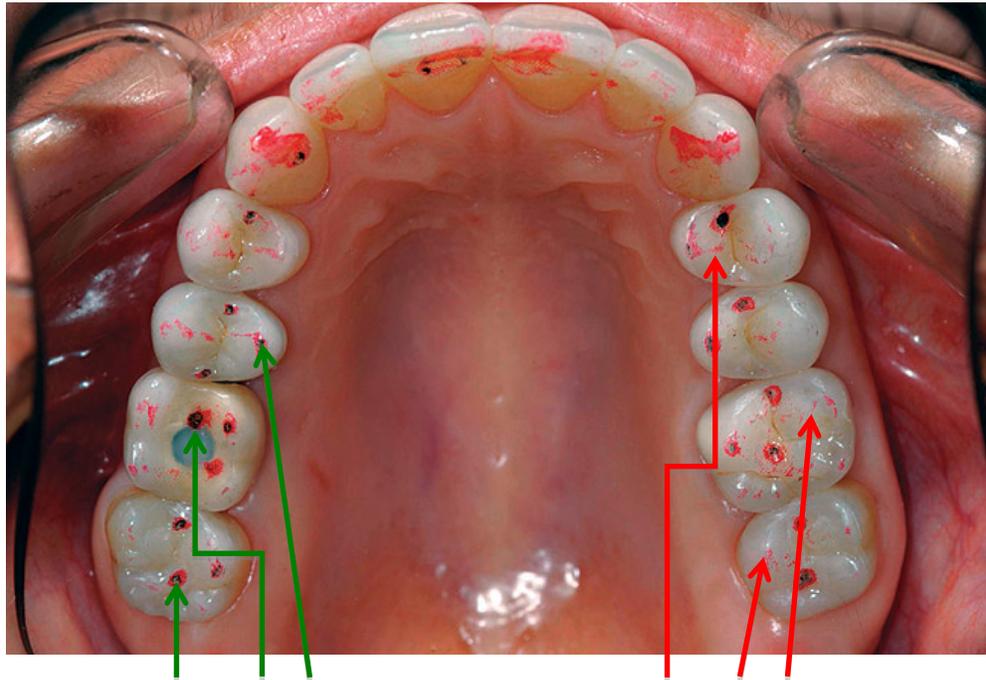
### How is the treatment performed?

DTR therapy to remove the friction and stress in the bite is done by fine-tuning the teeth into a perfectly balanced machine. When there is friction in the system, the teeth undergo stress and cannot function the way they are designed. The whole bite system breaks down more frequently and can stress the muscles, joint, and teeth.

Imagine if the gears on the right were the slightest bit out of alignment? How long would the system last? Our teeth go through hundreds of thousands of chewing cycles each year. You can relate the system of muscles, joint, and teeth to a highly machinated gear system.

DTR therapy refines the bite to work like a finely -tuned set of gears. This is minimally invasive and maximally therapeutic. Removing the friction takes place like this:



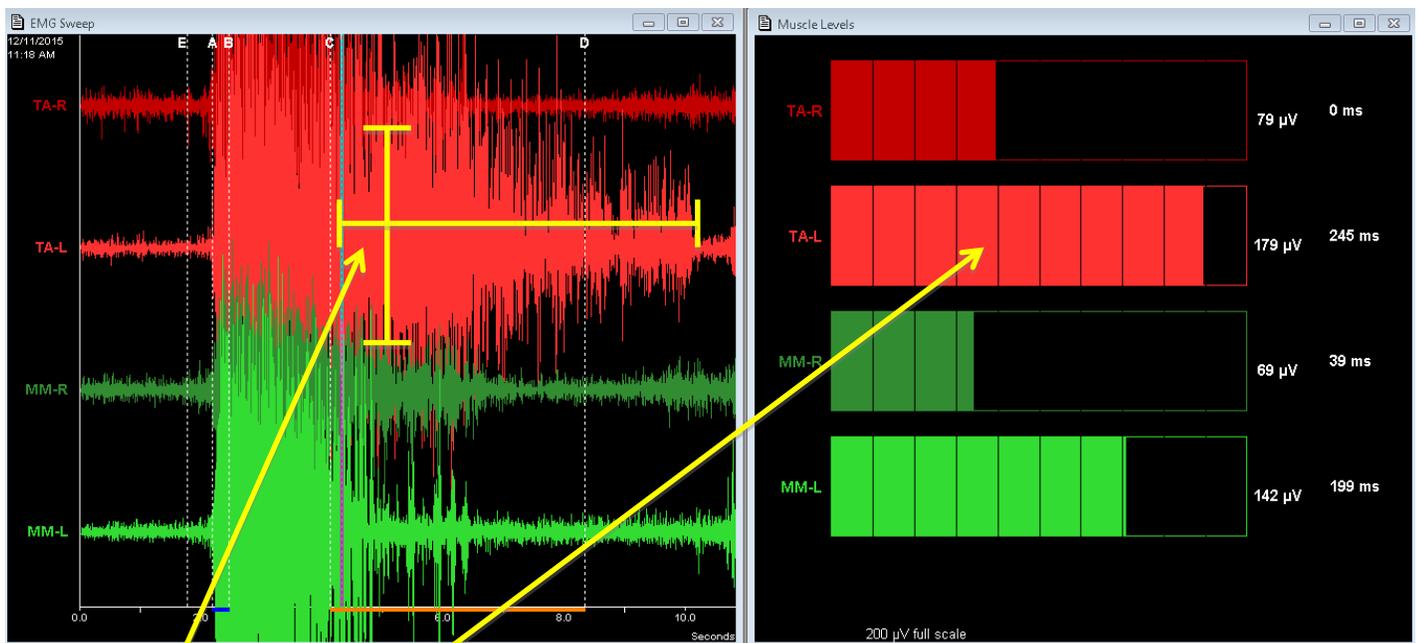


Ideal Tooth Contact Points. These are untouched typically.

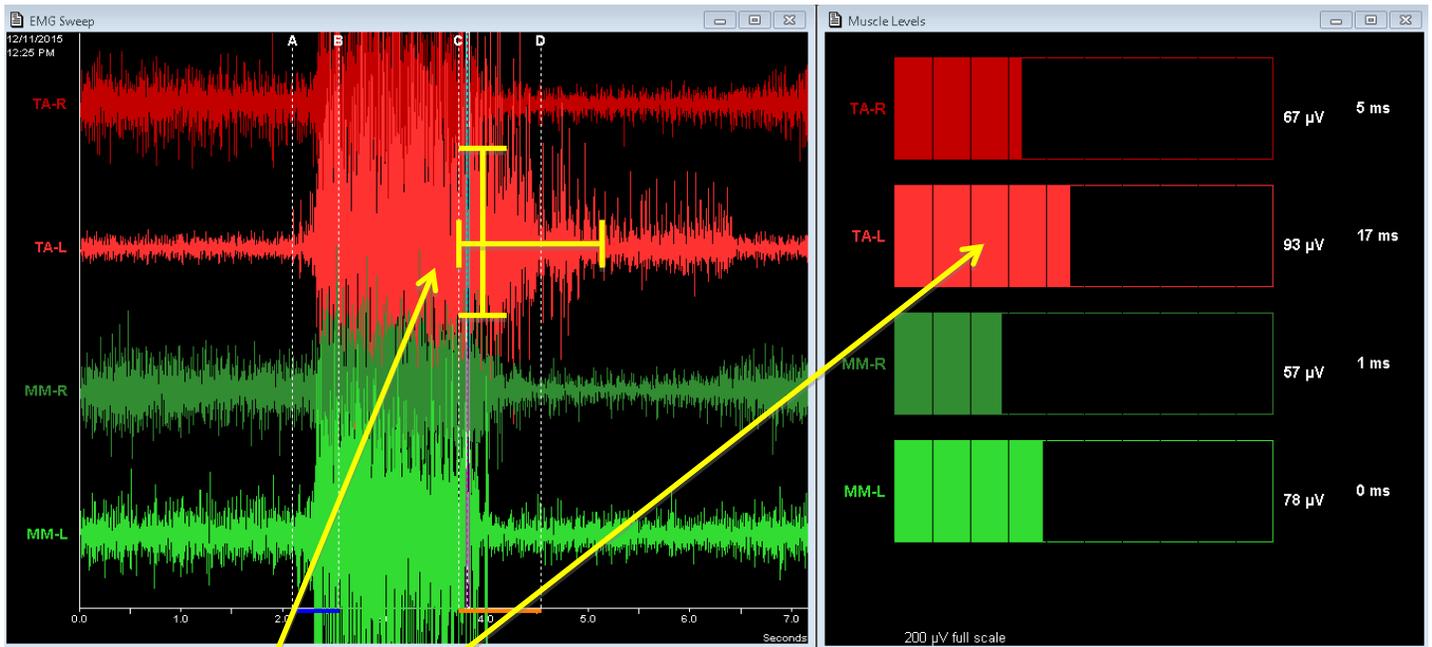
Examples of Excess Friction (verified by the T-Scan). Removal of this friction requires very little tooth structure to be removed.

DTR requires minimal tooth structure removal. The process must be confirmed by the T-Scan technology as well as EMG readings from the muscles of the jaw. Without the technology, it is mostly guesswork as to what friction or what contact marks need to be adjusted. When done in tandem and by a certified provider, the results are amazing!

## Muscle EMG Readings



Extreme muscle activity due to the excess friction in the patient's bite. This is prior to treatment. This muscle strain leads to TMJ symptoms and headaches for many people.



Post-treatment, the muscle intensity and duration is decreased by more than half! This patient chewed gum on the right side of her mouth comfortably for the first time in decades!

### Why Should I Have This Treatment?

Out of all the treatment options available at Parker Dentistry, this is one that I am most proud to offer. I am currently the only doctor certified in Southern California to perform the treatment. It is one of the few options available where such precise, predictable treatment can be performed. It is a life changing treatment for my patients as well. Never have they felt so comfortable or confident in their future health. This treatment creates an ideal, precise bite "machine" that allows the teeth to last longer and be less sensitive. DTR therapy can result in less tension in the muscles, and relieve TMJ pain.

***If you are looking for longevity, want to avoid dental bite problems, and want to avoid pain with your teeth and jaw, then this is the treatment for you. DTR therapy is minimally invasive, requires no drugs, requires no splints or night guards, requires no surgery, requires no anesthesia, is predictable, and is a long-lasting solution.***

If you have any questions or would like further information on the subject, please reach out to our office at **949-429-0049** or email me directly at **Lincoln@DrLincolnParker.com**