

	Diagnose muscle vs joint	Deprogram muscle, Treat muscle pain	Treat joint pain in translation	Treat joint pain on loading	Create an occlusal experience	Protect teeth from
Anterior Bite Plane	++++	++++	++	X	X	++++
Full arch-CR-RAMPED	+	+++	++	X	++++	++++
Full arch-CR-FLAT	+	+++	++++	X	+	++
Full arch-NOT CR-RAMPED	+	++	++	+++	+	++
Full arch-NOT CR-FLAT	+	++	+++	++++	+	++
Posterior Pivot	X	X	+++	++++	X	X
Full soft	X	X	++++	+++	X	+++



















Reduce Muscle Activity

Reduce Joint Loading

Appliance CLENCH GRIND

CLENCH GRIND **

Anterior Bite Plane		
Full arch-CR-RAMPED		
Full arch-CR-FLAT		
Full arch-NOT CR-RAMPED		
Full arch-NOT CR-FLAT		
Posterior Pivot		
Full soft		

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Posterior contacts designed into excursions