

Name Husna Pervez

ID = 6965

Submitted to

Mam Salma

Assignment =

Orthodontic.

(1)

parafunctional habits:-

A parafunctional habit, like grinding, thumb sucking, or tongue thrusting, is basically the repeated use of the oral structures for things other than eating, swallowing, breathing. Why are they so bad? The mouth is an amazing place! When every thing is working properly, it is like a piece of precision machinery. When something goes wrong in the mouth, though, it causes a chain reaction of failure. Parafunctional habits are like the monkey wrench in the machine, let's explore a few the most common parafunctional habits and how they affect the mouth.

Bruxism:

Bruxism, or grinding

(21)

is the monkey wrench of all monkey wrenches. it happens during sleep and comes in episodes where the jaws exert large amounts of forces and grind against each other. over time, bruxism leads to a breakdown of the teeth and can cause damage to the temporomandibular (TMJ)

There are likely different causes of bruxism. Bruxism can be caused by things like a bad bite obstructive sleep apnea, or possibly stress.

Many people are unaware that they grind until they are told either by their dentist, who can see signs of bruxism in the mouth or by a spouse or roommate who can see or hear

the grinding.

Symptoms of bruxism:-

- * Sore or stiff jaw muscles
- Headaches especially upon waking
- Sore back or neck
- Sensitive teeth
- Painful salivation when first ~~eat~~ eating
- Jaw Pain
- Snoring - grinding can be caused by obstructive sleep Apnea

Treatment of bruxism:-

Finding the cause of your grinding is the first step to choosing a treatment. your dentist will evaluate your teeth and oral structure and your medical history

(4)

They will ask you questions about your sleep and snoring and examine your bite for discrepancies that may contribute to your grinding. depending on what they find, they will make a treatment recommendation.

Thumb Sucking:-

oh yes, finger or Pacifier Sucking, also non nutritive Sucking, is a parafunctional habit. Sucking is a reflex and is important for self-soothing in infancy. infants suck their fingers or thumbs after feeding for comfort and for some it becomes a habit. Most children outgrow it in early toddlerhood, but

5)

with a parafunctional habit that is both difficult to manage and destructive.

Treatment of thumb sucking

Thumb sucking can be a very difficult habit to break. Prevention is the key here. The sucking reflex starts to diminish around 3 to 4 months of age. If babies are given a pacifier to suck rather than their thumbs, the sucking habit is already established, there are methods to try. Unfortunately, there is no silver bullet approach to sucking a thumb.

Tongue Thrust:

All babies are born with tongue thrust.

As you grow the pattern of swallowing changes and tongue thrust should disappear. If it lingers after about the age of four, it is considered to be a parafunctional habit. Keep in mind that the average person swallows between 1200 and 1400 times a day and each time you swallow, you exert 4 pounds of pressure with your tongue. Move the tongue from the plate to the teeth and you exert can see how a tongue thrust can quickly change things. In thumb sucking, we talked about how the pressure from thumb caused the palate to become high and narrow. Well, think about

that suction machine, even

(7)

The plate is U-shaped for a reason - it accommodates the tongue. If the palate becomes narrow and high the tongue has nowhere to sit and jaw drops open and now the tongue isn't able to exert its forces to properly shape the palate. So even in speech and at rest, tongue is exerting pressure where it shouldn't be.

Causes tongue thrust

There are

many possible causes. We know anything that prevents nose breathing can contribute to tongue thrust. It makes sense. If you can't breathe through your nose, you open your mouth. Your tongue comes out of your palate space and

(B)

and anatomy shifts. face elongates, palates narrows and gets deeper, teeth protrude other possible include:-

- Thumbs sucking
- Difficulty Swallowing.
- large tongue
- Angle of jaw line
- Genetics
- Muscular, neurological or other abnormalities
- Short tongue or being tongue-tied.

=> types of tongue thrust

A tongue can thrust is more than a direction depending on where the pressure is exerted

(1) Anterior thrust:-

Most common type of thrust lips close improperly

(1)

tongue protrudes through lips

This type of thrust is often seen with a large tongue

(2) Anterior Thrust:-

This happens when the lower teeth and tongue is thrusting against the upper front teeth.

(3) unilateral Thrust:-

This happens thrust tongue posture to one side. ~~the~~

(4) Bilateral thrust:-

The tongue in bilateral thrust to sides of mouth. This causes the teeth on the sides is back of the mouth open.

(5) Bilateral Anterior open Bite

(6) Close Bite Thrust:-

In this type of thrust, the teeth meet, so they are closed not open Bites both the top and bottom teeth are flared out.

(7) Mandibular Thrust:-

this types of thrust the teeth seen people with an inherited pattern of growths The tongue is held low and forward causing a protrusion of the lower jaw.

=> Treatment of tongue thrust

Treating a tongue thrust can be difficult but it successful about 75% of the time even if you