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Q No 1:

## Parafunctional Habits:

→ clenching teeth (day time)

teeth touching at rest?

→ Bruxing at night

→ chewing gum fingernails, ice

→ Habitually chewing hard to chew items

→ Hand rest on jaw

→ Holding phone with shoulder against head

→ Tongue thrusting

→ High stress level - we all have stress, as is if worse in the past 6 months

→ Prone sleep position.



A Para-functional habit or Parafunctional habit is the habitual exercise of a body part in a way that is other than the most common use of the body part. The term is most commonly used by dentists, orthodontists or maxillofacial specialists to refer to Para-functional uses of the mouth, tongue and jaw.