

Name Fajal Hayat.

ID

13631

Assignment orthodontics.

Parafunctional Habits.

- a) clenching teeth (daytime) teeth touching a rest?
- b) Bruxing at night.
- c) Chewing gum, fingernails ice.
- d) Habitually chewing hard-to-chew items
- e) Hand rest on jaw.
- 2) Holding phone with shoulder against head.
- g) Tongue thrusting
- h) High stress level - we all have stress ask if worse in the past 6 months
- i) prone sleep position.

A para-functional habit or parafunctional habits.

is the habitual exercise of a body part in a way that is other than most common use of that body

part. The term is most commonly used by dentists, orthodontists or maxillofacial specialists to refer to parafunctional uses of the mouth, tongue and jaw.