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Program BS - DT

Assignment Orthodontics

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⇒ PARAFUNCTIONAL HABITS:

A parafunctional habits are the habitual exercise of a body part in a way that is other than the most common use of that body part. The term is most commonly used by dentists, orthodontists and maxillofacial specialists to refer to parafunctional uses of the mouth, tongue and jaw.

⇒ The oral parafunctional habits may include bruxism, tongue thrusting, fingernail biting, pencil or pen chewing, mouth breathing and many other habitual use of the mouth unrelated to eating, drinking and speaking.

⇒ Parafunctional habits are the most destructive forces for several reasons.

=> The direction of forces during parafunctional habits are placed vertically along the long axis of teeth which is the least harmful because of the anatomical structure of the attachment of teeth to the bone.