

Day: \_\_\_\_\_

Date: \_\_\_\_\_

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Assignment: orthodontics.

Submitted to:  
Mam! Selma

Date: 11-07-20.

\*\* Parafunctional Habits :=  
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→ A ~~few~~ 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 dentist, orthodontics and maxillofacial specialists to refer to parafunctional uses of the tongue and jaw.

→ The oral parafunctional habits may include bruxism, tongue thrusting, fingernail biting, pencil or pen chewing, mouth breathing and may 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 is placed vertically along the long axis of teeth which is the least harmful because of the anatomical structure of the teeth to the bone.