

# Bruxism & TMD Splint Therapy



Referral Information for Patients and Practitioners

## Splint Therapy for Your Patients

- ✓ Bruxism and clenching habits
- ✓ TMD (pain, clicking, restricted opening)
- ✓ Occlusal trauma and tooth wear
- ✓ Mild obstructive sleep apnoea
- ✓ Snoring

## Appliances Available

- ✓ Stabilisation Splints (Michigan Style)
- ✓ Anterior Repositioning Splints
- ✓ Mandibular Advancement Devices
- ✓ Anti-Snoring Appliances
- ✓ Protex Sports Mouthguards



**Dr Shilpa Shah**  
BDS MJDF MSc

Dr Shilpa Shah has experience of working in the Manchester Dental Hospital TMD clinic, working closely with specialists in restorative dentistry and maxillofacial surgery; refining her skills in managing TMD symptoms and splint construction. Her approach is patient-centred and conservative with a strong emphasis on occlusion, joint function, and parafunctional management.



**MORE INFO**



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## What Are The Benefits?

- Prevent long-term joint damage
- Help patients manage undiagnosed or poorly controlled bruxism
- Prevent tooth damage and wear
- Reduce headaches
- Improved sleep quality

## Common Clinical Indicators

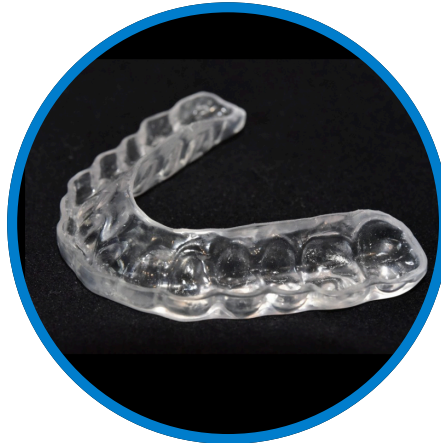
- Worn dentition and tooth fractures
- Myofascial pain / jaw pain
- Headaches and muscle stiffness
- Clicking and restricted opening
- Snoring and disturbed sleep
- Difficulty chewing food

## Custom-Fitted Appliances



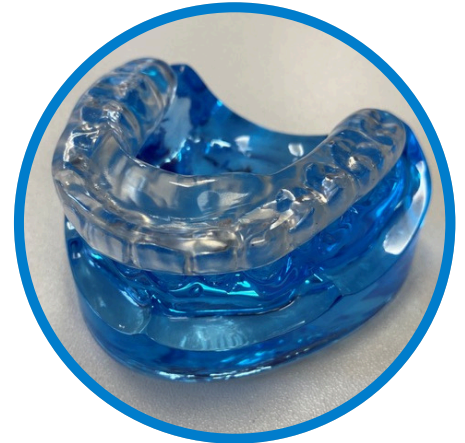
### Mandibular Advancement Devices

Gently move the lower jaw forward to open the airway, helping reduce snoring and improve breathing in mild obstructive sleep apnoea.



### Stabilisation Splints

Custom-fitted bite guards made of rigid plastic that protect teeth, relax jaw muscles, and stabilise the bite, reducing pain and damage from grinding or clenching.



### Anterior Repositioning Splints

Temporarily guide the jaw forward to relieve pressure on the TMJ, helping reduce joint clicking and manage disc displacement in acute TMD cases.

## TMD Assessment & Treatment Fees

**Initial TMD Assessment:** £150

**Review appointments:** £65

**Custom devices :** from £450

**Personalised custom Protex sportsguards :** from £250

*A personalised quotation will be provided at assessment.*



**All treatment will be carried out by Dr Shilpa Shah at Victoria Clinic, Manchester.**



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