

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



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MORE INFO

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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.

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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