

## Clinical indications of clenching and bruxism

- Tooth wear, erosion, & flat anatomy on posterior teeth
- Fractured teeth, crowns, fillings, & implant failures
- Gum recession without inflammation
- Deep grooves ( abfractions ) in exposed roots of teeth
- Bony growth ( tori ) behind lower teeth or palate
- Malocclusions, overbites, crowded lower teeth
- Premature facial aging ( chin to nose ratio is too close )
- Limited opening ( less than 1 1/2" )

## Subjective symptoms of clenching and grinding

- Tension headaches, temporal, neck & shoulder stiffness
- Tired jaws, TMJ discomfort, popping or clicking joint
- Ear pain, tinnitus
- Generalized tooth sensitivity to cold
- Snoring, dry mouth, sleep disturbances
- Morning vertigo or dizziness
- Migraine
- Forward head position