

NTI

Clenching your teeth while asleep and during the day is the result of some of the strongest muscles in your body tensing up (6 to 20 times more intensely than nonsufferers), which can cause morning and tension headaches, and even damage surrounding joints, teeth and other muscles.

These muscles called the temporalis muscles are located on the sides of your head and are used when you chew or close your mouth. When you clench your teeth, these muscles can create a great deal of stress and tension to your jaw joints, your neck muscles and your teeth.

If you suffer from the following you may be clenching your teeth:

- Painful, aching jaw
- Sore, sensitive teeth
- Stiff neck
- Tension headaches
- Morning headaches

What does clenching your teeth have to do with these problems?

The high-intensity contractions of powerful muscles become painful and the forces generated cause pain to surrounding tissues, joints, and other muscles. By reducing the intensity of the clenching, you're effectively minimizing the source of the pain, in many cases, in just a few days.

What can we do to help?

In one office visit we can create a custom made NTI device.

The tiny, clear-plastic device fits over your top two front teeth. You only wear the NTI device while you sleep at night. It makes clenching virtually impossible. In a few days or weeks, your clenching reflex is suppressed. Morning headache pain, neck pain, sore jaw and other related pain associated with involuntary intense clenching usually begins to resolve and disappear.

When can I expect relief?

Within a few hours to a few weeks; it all depends. Many patients report significant relief overnight, others usually within a month. Your highly trained clenching muscles have to

un-learn their intense activity, and the time it takes to accomplish this varies from patient to patient.

The device may also eliminate the need for prescription and over-the-counter pain medications to treat the above mentioned problems.

*Image and text source: Google