

## Dental Postgraduate Department

### **All Right on the Bite- splints and occlusion (SW-25-09-19-01)**

Date and venue:

19<sup>th</sup> September 2025

St Austell Conference Centre, Cornwall

Course Organiser:

Samantha Braddock

Course Lecturers:

Prof. Brian Millar

*This day course covers occlusal splints, occlusion and how to correct a range of occlusal problems. Topics include examination of the occlusion, what interferences need to be looked for and what corrections can be applied. Occlusal splints are covered in detail for TMD, bruxists, clenchers, headaches, TMJ clicks, TMJ pain, snorers, sleep apnoea and cracked tooth syndrome. There will be table top hands on elements looking at different types of splints and managing a range of cases. Please note the course runs in a conference centre with no phantom head facilities. We will be working on models on table tops with many examples of splints. Some splints will be made and fitted to models by delegates.*

#### **Programme**

0900- 09.30	Registration
09.30 -11.00	Session 1: Occlusion – key features. How to examine the occlusion.
11.00 -11.15	Coffee
11.15-12.45	Hands-on session 2: Managing occlusal interferences. How to correctly check the occlusion on direct and indirect restorations. How to correct occlusal problems.
12.45-13.30	Lunch
13.30-14.45	Hands-on session 3: Managing TMD with several options including splints. When and how to use a stabilisation splint (Michigan). Dealing with clenching and bruxism and which splints to use.
14.45-15.00	Coffee
15.00-16.15	Hands-on session 4: Managing cracked tooth syndrome. How to rebuild canine guidance. Questions and answers.

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### Aim

The aim of this course is to teach the important features of occlusion, to understand when and how to intervene in a safe and ethical way, how and when to use occlusal splints, and provide a deeper understanding of the causes, intervention options and management of TMD, bruxism and a range of occlusal problems.

### Objectives:

By the end of this course delegates should be able to:

1. Describe the clinical records for each type of splint including impressions, jaw registrations and facebow records where necessary
2. Explain how to fit and adjust each splint
3. Analyse how and when to use different splints safely to treat TMD, clenchers, bruxists, sleep apnoea and damaged dentitions.
4. Demonstrate how to be able to quickly and correctly check the occlusion before and after placing direct and indirect restorations

### Learning objectives:

At the end of the course participants will:

Be able to select and use a splint for a range of clinical situations including clenching, bruxists, TMD, sleep apnoea.

Be able to successfully use occlusal splints

Know how to fit, adjust and monitor splints

Be able to treat TMD and bruxism more effectively

Understand how to check the occlusion and when to change the occlusion when restoring teeth

Know how and when to use Dahl and when not to use it

### GDC development outcome:

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The eGDC activity log suggests reflecting on the following during and after this course:

- What did you learn (or confirm) from the activity that was helpful or relevant to your daily work and patients?
- Did you identify any changes/updates needed in your daily work, and if so, what? How did you make these changes?
- If you didn't identify changes needed, what did the activity confirm for you, that you may already know or be doing?
- What was the benefit to your work and/or your patients in carrying out this activity?

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