

Clinical Technique

1. Soften in hot water
2. Bite to form to the teeth
3. Cool in tap water



"This unique, one visit appliance requires no impressions, models, laboratory fees or waiting for the lab to return an appliance. This GrindRelief is fitted in the office, by the dentist, hygienist or trained auxiliary, with a simple 3 step technique: soften in warm water, form the custom appliance and then cool in tap water. This is a very beneficial product that is cost-effective for both the patient and the dentist." **Howard Glazer, DDS, FAGD**

"GrindRelief is the best product I have ever used for my clenching issues. It is not only versatile and affordable but extremely effective. I also find it much easier to use than the larger bite guard products that cover an entire arch. This product is small enough I can wear it and talk with ease. It has been a blessing for myself and many of my patients who struggle to use the larger standard bite guards." **Sarah Winter, RDH**



"I have been using GrindRelief in my practice for a number of months now with very positive results. It's so easy, economical and provides me a "right now" option for those patients experiencing discomfort. I can use this appliance immediately to help determine a diagnosis as well as evaluate compliance of my patient to help drive our course of action." **Troy Schmedding, DDS**

"I work as an RDA in Northern CA. The Doctor passed your product off to me since I have a history of bruxism. I tried the GrindRelief and it has been a life saver! I have even personally made myself night guards out of various materials and this is the only one that has actually given me relief." **Christina Cracknell, RDA**



"I had been an NTI wearer for 10 years, and have recently given that up for my GrindRelief, which I wear on my lower arch. It is more comfortable, less bulky, I can close my mouth all the way and it works just as well.TWICE! I keep one here and one at my other home. I wish I had this 10 years ago, and I can recommend that other dental professionals take a look at it." **Marian J. Perry, RDA**

"For dentists who treat TMD/Facial Pain, the occasional emergency patient with acute muscle related pain can be quite challenging. Many dentists will choose some type of an anterior deprogrammer appliance to help with these acute situations. The GrindRelief appliance is one of the best anterior deprogrammer-type appliances I have ever used. It is easy to fit, has excellent retention and stability, provides beneficial therapy and is very cost effective." **James E. Haddix, DMD**



GRIND RELIEF PRO

ORDERING INFORMATION:

#2021- GrindRelief PRO Starter Package:

10 GrindRelief appliances, 10 storage cups, 10 0.02" Plastic sheets for optional opposing arch, 25 Patient Education pamphlets, Awareness Placard, Flash drive with instructional Videos, Marketing Tools

#2022- GrindRelief PRO Refill Package: 10 GrindRelief appliances

#2023- 25 Patient Education pamphlets

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www.grindreliefpro.com

US Patent No. 7,607,436 & 8,186,356
Made in the USA

Rev. 12/2020

You see the signs.
You hear the complaints.
You want to help.

Introducing

GRIND RELIEF PRO

*THE BEST Device for
Clenching and Grinding*



You see the clues every day.

According to the American Dental Association, 95% of people experience bruxism at some point in their lives.

While most all dentists and hygienists know the symptoms of bruxism, many do not understand how much related head and neck pain exists caused by this. Most understand that jaw pain, in the absence of tooth disease, could be related to clenching or grinding, but upper shoulder pain, neck pain, headaches, ear pain and even vertigo can also be related to this problem.

Untreated, the sequelae of damage can lead to a lifetime of painful, costly and preventable dental maladies.

The TOP TEN CLUES for detecting bruxism

- Flattened canines
- Abfraction
- Popping, clicking pain in TMJ
- Frequent headaches, migraines
- Chipped, worn incisal edges
- Worn cusp tips
- Isolated bone loss
- Cracked teeth
- Broken restorations
- Patient indicates stress, grinding, clenching



Stress is the “killer”



“Clenching and grinding of teeth are at an all-time high during these extremely stressful times. General and specific anxiety, tension and fears do not just disappear when sleeping.

While some people grind and clench their teeth during the day, MOST do this at night-in their sleep- and are unaware that they do it; except for the pain they suffer.

In short, as the jaw muscles contract on the front, the shoulder, neck and head muscles reflexively contract on the back. Hence, the connection - the mystery - is explained! One thing is certain; once the clenching and grinding were treated with a proper appliance, the shoulder, neck and headache pain dissipate! “

Dr. Joseph Pelerin, DDS, Inventor

The unique Central Power Bar creates pressure on the upper and lower mid-lines at the same time. Therefore, the device doubles the beneficial mechanism of action of the NTI device.

The NTI® device appears to be a benchmark. Studies show that it can reduce “bad” muscle activity by 60% or more, and other studies showed that it was able to reduce migraine headache in 80 +% of a test group. However, its design causes only the front few teeth to be in contact, and this does not suit certain occlusions- especially Class 2/ long centric.



With the jaw retruded, some bicuspid occlusion exists, but as the patient moves forward into excursions, pressure is put on a front Central Power Bar.

The GrindRelief design covers the upper or lower anteriors. Pressure is concentrated at the midline... where the Central Power Bar acts as a stimulus to naturally reduce clenching pressure.



The thermoplastic two-part construction of this device provides a perfect answer, with your guidance, to help reduce muscle hyperactivity.

The GrindRelief PRO is available for the dentist at a quantity discount, with patient education pamphlets to help you find cases, protective cups, marketing support tools and more.

On-line instructions are provided for this device, and the practice may code and charge the fee of a typical splint, or a fee that he or she feels is appropriate.

This low-cost, **right-now** approach can be a profitable practice builder and a referral-builder. It can move the patient out of a pain-causing condition permanently for most, or temporarily if a larger, bulkier appliance becomes indicated. It is the best device to help your patients with clenching and grinding problems.



Additional features:

- Can be fitted to upper OR lower anterior teeth. It covers ONLY anteriors, for additional comfort
- Can be re-fitted if needed
- FDA-cleared
- Provided with hygienic protective storage box
- Easily fitted by the patient, dentist, hygienist or auxiliary in a few minutes, with a cup of hot water (~150°F)
- Three-year wear-through warranty
- NO laboratory fee or second appointment