



VIDEO

Check out the GrindRelief PRO videos on YouTube to see how easy it is to offer in your practice.



GRIND GUARD TECHNOLOGIES, LLC

GrindRelief PRO

Invented and patented by a dentist who suffered from bruxism, the mouth guard can be easily fitted for the patient by a dental team member in just 10 minutes

The other day, a patient came in to Dr. Joe Pelerin's office in Auburn Hills, MI, and said, "Before we start, I just want to tell you that the mouth guard you made for my wife has changed her life. She is much happier and pain-free." Such moments happen repeatedly with patients who've experienced pain from bruxism. "It's nice to make money, but when I can change somebody's life, it is very gratifying," Dr. Pelerin says.

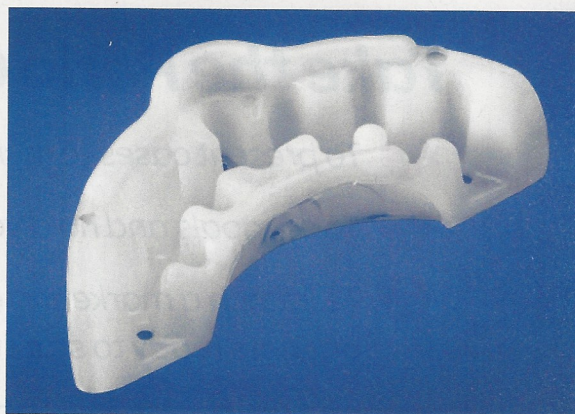
His life-altering solution is the GrindRelief PRO, which Dr. Pelerin invented over a decade ago after a painful journey of his own while in his 30s.

"I started getting shoulder and neck pain, and the headaches were brutal. I was unaware of clenching and grinding my teeth, even as a dentist, and an MRI showed no reason for the pain. Soon after, I started getting some pain in my left temporomandibular joint, which had an anterior disc displacement. I said, 'I wonder if this is related.' I made myself a horseshoe splint to the correct vertical dimension, and my headaches and my shoulder and neck pain went away. I'm like, 'Oh, my God, this is a big deal!'"

Seeking a better way to help himself and his patients, Dr. Pelerin began taking courses and studying existing treatment modalities. In his practice, he was prescribing horseshoe devices, which he said were "less than ideal" for patients due to price, size, and effectiveness. An NTI device was easier to wear and more effective in reducing the muscle tension, but he wanted something easier and better.

Problem Solved

Ultimately, Dr. Pelerin developed the appliance now called the GrindRelief PRO, a thermoplastic device that covers the upper or lower anteriors. The device's Central Power Bar creates pressure on the upper and lower midlines simultaneously, and prevents bite-through while reducing harmful muscle activity by at least 60%.



"The whole thing—the central bar, the flexible shell around it, and the thermoplastic—is one piece, so it's very easy," he said. In fact, the GrindRelief can be fitted by the dentist, chairside assistant, or hygienist in about 10 minutes. It requires no models, lab fees, or second appointments.

Helping Patients & Practice

While the ADA estimates that 95% of people will suffer from bruxism at some point, Dr. Pelerin notes that only 12% will have a TMJ disorder. "You don't need a TMJ problem to brux. It's related to stress." With the COVID-19 pandemic leading to increased stress levels, it's even more important to look for common signs of bruxism among patients. "This offers an easy, quick way to help. We're providing relief so that people can sleep better and live more pain-free right now—not 2 weeks from now," he stated.

At the end of the day, GrindRelief PRO represents an easy solution that can resolve patients' discomfort and pain, while serving as a marketing tool for the practice. "My patients tell me things like, 'I used to be afraid to wake up in the morning because it could be another TMJ migraine day. I don't have that anymore. This mouth guard changed my life for the better,'" Dr. Pelerin said. "You know what? That's priceless."

FOR MORE INFORMATION:

248.499.5519

grindrelief
pro.com