

**PRACTICAL CLINICAL COURSES**  
*A Service of the Gordon J. Christensen  
Career Development Program*

**S3157**  
**Mastering Occlusal Equilibration**

Gordon J. Christensen, DDS, MSD, PhD

**Materials Included:**

C.E. Instruction Sheet  
Products List  
Clinician Responsible  
Goals & Objectives  
Overview  
Supplemental Materials  
AGD Post-Test

**Gordon J. Christensen**  
**PRACTICAL CLINICAL COURSES**

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Gordon J. Christensen  
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*Sources of Products Discussed in*  
**S3157 Mastering Occlusal Equilibration**  
Presented by Gordon J. Christensen, DDS, MSD, PhD

- |  |  |   |
|--|--|---|
| <p>1. <b>AccuFilm II</b><br/>Parkell, Inc.<br/>300 Executive Drive<br/>Edgewood, NY 11717<br/>(800)243-7446<br/>(631)249-1134<br/><a href="http://www.parkell.com">www.parkell.com</a></p>                                   | <p>6. <b>DryTips</b><br/>Microbrush International<br/>1376 Cheyenne Avenue<br/>Grafton, WI 53024<br/>(866)866-8698<br/><a href="https://microbrush.younginnovations.com">https://microbrush.younginnovations.com</a></p>                                   | <p>11. <b>Moore Abrasive Discs (Emery &amp; Garnet)</b><br/>E.C. Moore Company<br/>13325 Leonard Street<br/>Dearborn, MI 48126<br/>(800)331-3548<br/>(313)581-7878<br/><a href="http://www.ecmoore.com">www.ecmoore.com</a></p> |
| <p>2. <b>All Ceramic Finishing and Polishing Kit</b><br/>SHOFU Dental Corporation<br/>1225 Stone Drive<br/>San Marcos, CA 92078-4059<br/>(800)827-4638<br/><a href="http://www.shofu.com">www.shofu.com</a></p>              | <p>7. <b>DryTips</b><br/>Young Specialties<br/>2260 Wendt Street<br/>Algonquin, IL 60102<br/>(800)558-6684<br/><a href="http://www.youngspecialties.com">www.youngspecialties.com</a></p>  | <p>12. <b>NeoDiamond</b><br/>Microcopy<br/>P.O. Box 2017<br/>Kennesaw, GA 30156-9017<br/>(800)235-1863<br/><a href="http://www.microcopydental.com">www.microcopydental.com</a></p>   |
| <p>3. <b>All Ceramic Polishers</b><br/>Cosmedent, Inc.<br/>401 N. Michigan Avenue<br/>Suite 2500<br/>Chicago, IL 60611<br/>(800)621-6729<br/><a href="http://www.cosmedent.com">www.cosmedent.com</a></p>                    | <p>8. <b>7406 Finishing and Trimming Bur by Midwest</b><br/>Dentsply Sirona<br/>13320-B Ballantyne Corporate Pl<br/>Charlotte, NC 28277<br/>(800)877-0020<br/><a href="http://www.dentsplysirona.com">www.dentsplysirona.com</a></p>                       | <p>13. <b>Occlusal Indicator Wax</b><br/>Kerr Corporation<br/>200 S Kraemer Blvd<br/>Building E2<br/>Brea, CA 92821<br/>(800)537-7123<br/><a href="http://www.kerrdental.com">www.kerrdental.com</a></p>                        |
| <p>4. <b>Dental Porcelain Polishing Kit</b><br/>Brasseler USA Dental<br/>One Brasseler Blvd.<br/>Savannah, GA 31419<br/>(800)841-4522<br/><a href="http://www.brasselerusadental.com">www.brasselerusadental.com</a></p>     | <p>9. <b>Jiffy Universal Ceramic Adjuster and Polishing Kits</b><br/>Ultradent Products, Inc.<br/>505 West Ultradent Drive<br/>South Jordan, UT 84095<br/>(888)230-1420<br/>(801)572-4200<br/><a href="http://www.ultradent.com">www.ultradent.com</a></p> | <p>14. <b>TrollFoil by TrollDental</b><br/>Directa Inc.<br/>64 Barnabas Road<br/>Unit 3<br/>Newtown, CT 06470<br/>(800)537-8765<br/>(203)491-2273<br/><a href="http://www.directausa.com">www.directausa.com</a></p>            |
| <p>5. <b>Dialite Intra-Oral Polishing Paste</b><br/>Brasseler USA Dental<br/>One Brasseler Blvd.<br/>Savannah, GA 31419<br/>(800)841-4522<br/><a href="http://www.brasselerusadental.com">www.brasselerusadental.com</a></p> | <p>10. <b>Madame Butterfly Silk</b><br/>Almore International<br/>441 19<sup>th</sup> Street SE<br/>Hickory, NC 28602<br/>(800)547-1511<br/><a href="http://www.almore.com">www.almore.com</a></p>  |   |

***Product names, the products themselves, and company names change rapidly. Please contact the companies shown to confirm current information.***

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## **PROGRAM**

### **S3157 Mastering Occlusal Equilibration**

#### **CLINICIAN RESPONSIBLE:**

**Gordon J. Christensen, DDS, MSD, PhD**

*Founder and CEO, Practical Clinical Courses*

*Senior Consultant and Previous CEO, CR Foundation*

*Practicing Prosthodontist, Provo, Utah*

#### **GOALS & OBJECTIVES**

At the completion of this video presentation, viewers should be able to:

1. Discuss the importance of occlusion in dentistry.
2. Discuss the importance of occlusal equilibration in dentistry.
3. List recent changes in dental treatment that make occlusion more important than before.
4. Define maximum interdigitation.
5. Define centric relation.
6. Define non-working.
7. Define working.
8. Define protrusive.
9. List six characteristics of "normal" occlusion.
10. List three types of occlusion as defined orthodontically.
11. List five indications for occlusal equilibration.
12. List five supplies or equipment necessary for occlusal equilibration.
13. List the steps in sequential order for occlusal equilibration.
14. State why patient informed consent is especially important for occlusal equilibration.
15. Discuss the importance of patient education before occlusal equilibration.
16. State why each tooth must have a centric stop when finished with an occlusal equilibration.
17. Describe the non-working relationship in a natural dentition after occlusal equilibration.
18. Describe canine rise.
19. Describe group function.
20. Describe the importance of incisal guidance.

## **OVERVIEW**

### **S3157 Mastering Occlusal Equilibration**

Normal dental occlusion has been identified but only occurs in about 75% of patients. Abnormalities in occlusion, or malocclusion, can cause significant challenges, including headaches, temporomandibular dysfunction, breakage of teeth and restorations, implant failure, pulpal death, tooth movement, psychological concentration on teeth and joint pain causing mental problems, and numerous other adverse conditions. Occlusal equilibration can reduce or eliminate many of the described challenges. The following and other topics are included in this video:

- The importance of occlusion in dentistry
- The importance of occlusal equilibration in dentistry
- Recent changes in dental treatment that make occlusion more important than before
- Maximum interdigitation
- Centric relation
- Non-working
- Working
- Protrusive
- Characteristics of “normal” occlusion
- Types of occlusion as defined orthodontically
- Indications for occlusal equilibration
- Supplies or equipment necessary for occlusal equilibration
- Steps in sequential order for occlusal equilibration
- Why patient informed consent is especially important for occlusal equilibration
- Importance of patient education before occlusal equilibration
- Why each tooth must have a centric stop when finished with an occlusal equilibration
- The non-working relationship in a natural dentition after occlusal equilibration
- Canine rise
- Group function
- The importance of incisal guidance

## **SUPPLEMENTAL MATERIALS**

### **S3157 Mastering Occlusal Equilibration**

1. Lee SJ, Alamri O, Cao H, Wang Y, Gallucci GO, and Lee JD. Occlusion as a predisposing factor for peri-implant disease: A review article. *Clin Implant Dent Relat Res*. 2023 Aug;25(4):734-742. doi: 10.1111/cid.13152. Epub 2022 Nov 14.
2. Thomas DC, Singer SR, and Markman S. Temporomandibular Disorders and Dental Occlusion: What Do We Know so Far? *Dent Clin North Am*. 2023 Apr;67(2):299-308. doi: 10.1016/j.cden.2022.11.002. Epub 2023 Feb 1.
3. Christensen GJ. Ask Dr. Christensen: Occlusion and caries: Continuing zirconia challenges. *Dental Economics*. 2023 Feb;113(2):52-4.
4. Kalladka M, Young A, Thomas D, Heir GM, Quek SYP, and Khan J. The relation of temporomandibular disorders and dental occlusion: a narrative review. *Quintessence Int*. 2022 Apr 5;53(5):450-459. doi: 10.3290/j.qi.b2793201.
5. Christensen GJ. Ask Dr. Christensen: Occlusion in 2022: The forgotten area in dentistry. *Dental Economics*. 2022 Mar;112(3):68-70.
6. Sun J, Lin YC, Lee JD, and Lee SJ. Effect of increasing occlusal vertical dimension on lower facial form and perceived facial esthetics: A digital evaluation. *J Prosthet Dent*. 2021 Oct;126(4):546-552. doi: 10.1016/j.prosdent.2020.07.013. Epub 2020 Sep 25.
7. Goldstein G, Goodacre C, and MacGregor K. Occlusal Vertical Dimension: Best Evidence Consensus Statement. *J Prosthodont*. 2021 Apr;30(S1):12-19. doi: 10.1111/jopr.13315.
8. Kattadiyil MT, Alzaid AA, and Campbell SD. The Relationship Between Centric Occlusion and The Maximal Intercuspal Position and Their Use as Treatment Positions for Complete Mouth Rehabilitation: Best Evidence Consensus Statement. *J Prosthodont*. 2021 Apr;30(S1):26-33. doi: 10.1111/jopr.13316.
9. Goodacre CJ and Goodacre BJ. What Occlusal Scheme Should Be Used with Removable Partial Dentures? *J Prosthodont*. 2021 Apr;30(S1):78-83. doi: 10.1111/jopr.13313.
10. Christensen GJ. Ask Dr. Christensen: Let's save teeth. *Dental Economics*. 2020 Mar;110(3):71-4.
11. Christensen GJ. Ask Dr. Christensen: What is the best type of material for posterior crowns? *Dental Economics*. 2018 Oct;108(10):79-81.
12. Christensen GJ. Ask Dr. Christensen: Why do implants fail? *Dental Economics*. 2018 Sep;108(9):81-2, 99.

## **POST-TEST**

### **S3157 Mastering Occlusal Equilibration**

1. Dental occlusion is more important now than before because of:
  - a. Implants.
  - b. Zirconia.
  - c. Lithium disilicate.
  - d. All the above.
2. The most rearward unstrained position of the mandible is:
  - a. Maximum interdigitation.
  - b. Centric relation.
  - c. Centric occlusion.
  - d. None of the above.
3. The position where the teeth contact when chewing is:
  - a. Maximum interdigitation.
  - b. Centric relation.
  - c. Centric occlusion.
  - d. None of the above.
4. Centric occlusion is:
  - a. Maximum interdigitation.
  - b. Centric relation.
  - c. An outdated term.
  - d. None of the above.
5. When the patient is in protrusive in normal occlusion:
  - a. All posterior teeth contact.
  - b. Only the anterior teeth are in contact.
  - c. Only the canines contact.
  - d. None of the above.
6. Normal occlusion is present in about \_\_\_\_% of the adult population.
  - a. 55%
  - b. 60%
  - c. 75%
  - d. 90%
7. What rotary instrument was suggested for occlusal equilibration?
  - a. 330 carbide
  - b. 1171 diamond
  - c. 7406 carbide
  - d. 7901 carbide

**POST-TEST (CONT'D)**

**S3157 Mastering Occlusal Equilibration**

8. Start an occlusal equilibration by adjusting:
  - a. Maximum interdigitation.
  - b. Protrusive.
  - c. Centric occlusion.
  - d. Centric relation.
  
9. Start an occlusal equilibration with the patient:
  - a. In a supine position.
  - b. Sitting straight up.
  
10. An occlusal equilibration should be refined:
  - a. At the end of the initial occlusal equilibration appointment.
  - b. About two weeks later.
  - c. About four weeks after the first treatment appointment.
  - d. All the above.

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