

Lateral Excursion

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INTRODUCTION

dreamTAP is indicated for lateral bruxers, with up to 10mm of anterior lateral excursion and no restrictions in the posterior

Step 1 — Dental Yoga



- A review of literature will confirm that sleep disordered breathing and bruxism are highly correlated.
 - Therefore when treating a patient with an appliance, it's important to consider the negative side effects of using any appliance that "Locks" the patient laterally.
 - Dorsal fin appliances lock the patients from moving side to side.
 - Sometimes patients break off the fins. And in rare cases, they inhale the sharp plastic. **Ouch!**
 - Other appliances also have some degree of lateral restriction.
 - Only the TAP appliances allow the patient lateral freedom of movement.
- Some clinicians refer to this as "**Dental Yoga**"