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**Orthotic Splint Therapy**

The orthotic splint (CDT code 21110) is an appliance designed to reposition the mandible according to the “physiological rest position” for the associated muscles. The new jaw position, as established by the splint allows the muscles of the jaw to relax thereby helping to relieve the symptoms of Temporomandibular Joint Syndrome (TMJ) and associated muscle pain.

**Treatment**

* The first stage of the splint therapy consists of impressions of the upper and lower teeth, and a bite registration. These impressions will be sent to a lab for fabrication of the splint.
* The following appointment will be approximately two weeks later. At that time, the splint will be delivered and the initial balancing and adjustments to the splint will be made.
* The patient will wear the splint at all times except while eating. Regular appointments will be required to help keep the splint in balance. The first of these appointments will be made about one week after the splint is delivered, and the following will be scheduled at two-week intervals for up to four months. (These appointments vary depending on individual need.)
* The final stage of splint therapy is determined once the “physiological rest position” is established and stabilized. An exam and evaluation of the mouth will then be scheduled to determine what needs to be done to the teeth to hold the jaw in the new jaw (physiological rest ) position without the splint in place. At that time, a treatment plan and estimate will be given for such “finalized dentistry.” **There may be an additional cost for selectively sculpting the teeth to maintain the physiological rest position.**

**Please note:**

* Body work, i.e. chiropractic adjustments, cranial sacral therapy, massage, is **STRONGLY RECOMMENDED.** The splint is more effective if you body is in alignment.
* Adjustment appointments are most beneficial if scheduled in coordination with body work appointments. Try to schedule your body work within 24-48 hours before you splint adjustment.
* The orthotic splint is **not** meant to be worn more than 6 months, and adjustment fees are included in that time period. However, if you choose to wear the splint beyond 6 months, additional fees or adjustments may be assessed until finalized dentistry is performed.
* Once splint therapy is initiated there will be no refunds.

Effective splint therapy requires commitment, patience, and perseverance. Please be certain that you have read this statement and had all your questions answered before you begin treatment.

**Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Printed Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**