Myofunctional re-education: A stage in the orthopedic and orthodontic treatment of the adult patient

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Myofunctional therapy and dento-facial orthopedics aim to correct the skeletal dysfunction, re-direct the development processes towards normality and they primarily act during the period of maximum growth, in the pre-puberal and puberal stage. Applied medical research continues to demonstrate, in all fields, that “the function generates the organ”. The oral interdisciplinary restorative therapy offers a new morphological status to the adult patient and functionally sustains, in an adequate way, a newly constituted form. Is it thus possible to educate a new functional engram for an adult organism (fully grown and in the presence of some persistent dysfunctions whose morphological consequences have been treated)? May it be necessary and worthy that the therapeutic protocol of orthodontic correction and oral rehabilitation of the adult, having functional disorders, includes a stage of myofunctional re-education? Our clinical results, dynamic evaluation and cephalometric observations on 108 cases, lead to the conclusion that, using functional appliances like activator in the final phase of an orthodontic treatment in adults helps prevent orthodontic relapse and correct breathing, swallowing and occlusal disorders. This approach provides progressive balance of facial antagonistic muscle groups and functional matrix, improving even more the esthetic outcome, adaptation and training of a proper 3D TMJ complex position and function, and sometimes its morphology. Through all these, the myofunctional phase significantly increases a dynamic functional stability, including adequate function of the facial muscles and neuromuscular answer following orthognathic surgery. Later on, the same patient would have less treatment needs of oral rehabilitation.

Biography

Elina Teodorescu has completed her PhD from Carol Davila University of Medicine and Pharmacy with fundamental research in Anthropology from an Advanced Oral Sciences approach. She is currently an Associate Professor at Carol Davila University of Medicine and Pharmacy, Department of Orthodontics and DentoFacial Orthopedics. He is the author of monography “Diagrama – retea in analiza cranio-faciala tridimensionala”, author and co-author of chapters in 5 orthodontic handbooks and has published more than 25 papers. She is serving as a Member of several Editorial Boards.

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