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Advanced mechanotherapy: Stages of orthodontic treatment

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In our busy orthodontic practices we forget that the laws of Physics still govern any movement in the universe, including the teeth of our patients. In these modules we will first review basic biomechanics principles, before discussing setups that produce efficient mechanics such as one-couple and two-couple systems. These principles will be presented in the context of clinical cases: how to start a case, what are the stages of treatment, how to control the side effects and how to shorten the treatment time by efficient mechanics. The objectives include; review of basic mechanical principles and advanced one couple system and two-couple system; understand the different stages of orthodontic treatment and introduction to advanced mechano-therapy tools.

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Cutting edge techniques and materials to maximize success of posterior composite resin restorations

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The use of composite resin material as a direct restorative for anterior and posterior restorations has dramatically increased in the market place. With self-etching technology emerging as a viable alternative to traditional techniques and the development of new technology to assist clinicians with bulk fill techniques, it is easy to be getting confused and fall behind. What materials will you advocate for use in your practice? What has the literature been revealing on materials in current use? Should practitioners change their current techniques? What preparation design will you utilize? This lecture/hands-on will attempt to make sense of all of the products and techniques available in today's market place and will focus on materials and their applications as well as a brief review of some of the literature. Emphasis will be placed on new developments in the composite area as well as outline what developments to watch for in the coming years. During this program practitioners will understand self-etching principles and how they are applied to composite resins; what is required of materials to be utilized for bulk-filled and the differences between several current materials; how to successfully and predictably place a bulk-filled restoration; proper placement techniques that maximize clinical outcomes and esthetics; how to select and place an appropriate matrix system and how to create and maintain correct posterior anatomy and contours.

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