

# Low Frequency Myomonitor TENS – A Diagnostic and Treatment Paradigm

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There is a continued growing trend toward comprehensive diagnosis and treatment planning, driven by value seeking patients across North America (United States, Canada and Mexico) searching for high end definitive care and treatment. To meet the needs of these savvy patients who are searching for the High End GP, the dentist has turned toward the use of low frequency TENS (J5 Myomonitor, Myotronics, Inc., Tukwila, WA) to establish a “physiologic” upper and lower cast relationships in 6 dimensions to better assess a correct mounting of their casts for initial diagnosis and treatment planning. Finding a bite relationship, without manual intervention, after 45-60 minutes of muscle relaxation has allowed these clinicians to capture an un-torqued bite registration of the mandible in a sitting up right postural position before mounting their casts to any articulator. They are finding that with TENS there are fewer adjustments, less chair time and faster resolution time needed than traditional approaches when implementing restorative, orthodontic and TMD occlusal treatment for patients desiring comprehensive care. The low frequency TENS/Myomonitor has been for the past 5 years been the standard bite recording instrument at the Las Vegas Institute.

Occlusion leaders are now recognizing its usefulness and scientific validity more so than ever before. They are now realizing its effectiveness for:

- **Therapeutic Muscle Relaxation** of masticatory and cervical neck muscles.
- **Finding a Physiologic Bite** relationship.
- **Determining Diagnostic Cast Relationships** for treatment planning of all TMD, Orthodontic, Restorative and Prosthetic cases.
- **Treating TMD** – Phase I appliance therapy.
- **Bite Management** – Adjusting/resurfacing any occlusion established on a neuromuscular (NM) trajectory to eliminate mandibular torque for:
  - **TMD - Orthotics**
  - **Dentures/Prosthetics**
  - **Restorative/ Implants**
  - **Natural Dentition**
- **Taking a Master Impression and Border Molding** edentulous ridges.
- **Finishing the Bite** of all NM Cases (Coronoplasty) – Restorative, Orthodontic, Prosthetic

The J5 Myomonitor is the newest version of low frequency TENS units that sends a “bilateral” stimulation of both the masticatory muscle region as well as the lower back and cervical neck region synchronously. The Myomonitor TENS is FDA approved for

neurally mediated muscle stimulation of both the fifth and seventh cranial nerves. The Myomonitor/TENS technology has a 38 year proven track record for effective bite recordings before, during and post treatment bite management. Clinicians are seeing the positive impact it is having in their dental practices when dealing with TMD problems, restorative and orthopedic problems such as headaches, muscle pains, mandibular postural compromises, challenging occlusal and joint problems, breaking restorations, ringing in the ears, ear congestion feelings, pressure behind the eyes, vertigo, to name a few.