Planas Technique – 4 Day Clinical Course

Early Orthodontic Training (From 4 years)

We begin treating patients at our clinic from four years of age. The advantage to this is that corrective action can be taken much earlier, thus addressing the problem before it gets worse. Since few dentists and orthodontists work with young patients, there is a tremendous opportunity to offer an excellent and much demanded treatment to younger children.

This four-day course focuses on the Planas appliances and consists of theoretical study and practical learning, including participation in the clinic with patients, and observation in the laboratory.

Misalignment and incorrect positioning of the jaws can contribute to a wide range of disparate conditions, including:

- orthodontic problems
- chronic pain
- orofacial pain
- sleep disorders
- breathing disorders
- facial aesthetics
- bed wetting
- ADHD

Offering the Planas technique at your existing practice allows you to provide a more holistic approach to your patients' general health, and opens up a new revenue stream.

Our training course for dentists, orthodontists and paedodontists consists of four days of
hands-on training with real patients who are seeking treatment for a number of different conditions, such as: CL II, CL III, open bite, deep bite, lateral cross bite, crowding etc. No previous experience in orthodontics is necessary.

We treat both children and adults with Planas plates, a method based on the overall rehabilitation of the stomatognatic system using neuro-occlusal rehabilitation. Neuro-occlusal rehabilitation (NOR) attempts to detect misalignment in occlusion and mastication from as early as three years of age. This is achieved by selective grinding in order to establish alternative laterality. If the grinding function is not adequate due to delayed correction, Planas appliances can be used from the age of four. Planas plates, both upper and lower, require no support from the teeth, and post-orthodontic stability is remarkable as the treatment provides natural and normal means of development.

Throughout the course we will look at the conceptions of Planas, including:

- Neuro-occlusal rehabilitation
- Unilateral alternate mastication
- Planas’ Functional Masticatory Angles (PFMA)
- The effects on maxillary development due to reduced mastication
- Dominant unilateral mastication syndrome

These treatments provide an effective method of early intervention during deciduous dentition in order to correct and restore balance in the masticatory apparatus, encouraging normal growth of the dental arches and maxillaries.

Course content includes theory, observing patients using their Planas appliances, and a visit to the laboratory to learn how to build appliances to suit each patient. Following the four days, you will have the knowledge to incorporate this treatment into your existing practice. While the treatment is simple and can be learned in four days, it is highly effective.
On completion of the course you will be provided with follow up support by email, Skype or webcam.

We are only able to accept a maximum of three participants on each course. This ensures that each participant is afforded the time and attention to properly learn and apply the treatment to their practice.

Private courses for individuals can also be arranged.

**Course summary**

- Examination and determining an approach for each patient
- Deciding the most suitable appliance
- How to take impressions and take the bite
- How to construct each appliance
- How to adjust, activate and place the appliance in the patient’s mouth
- What instruction to give to each patient regarding the use of the appliance at home
- What to look for during check up and follow up appointments

**Course format**

**Day 1** – at the clinic from 10am to 8pm

Theoretical and practical instruction with patients in the clinic.

**Day 2** – at the clinic from 10am to 8pm

Theoretical and practical instruction with patients in the clinic.

Manipulation of the appliances.

**Day 3** – at the laboratory from 8am to 5pm
How to construct the appliances.

How to instruct technicians regarding construction of the appliances.

**Day 4** – in the clinic from 10am

Practical work with patients combining what has been learned over previous days