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Remedy for the confusing occlusal principles- an approach to a passionate, in-depth understanding of tooth surfaces dynamics

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The task of optimizing teeth surface relations remains perplexing for many dental practioners. The well-being of teeth, periodontium and the musculoskeletal system is closely associated to the occlusal stability. Dental occlusion is rather far beyond the simple contact of the occlusal surfaces of the opposite jaws; a fact that turned the word “Occlusion” into one of the most complicated puzzles in dentistry. The literature describing the gnathological approaches made the practice of occlusion even more intimidating. understanding the biomechanics of teeth and jaw movements makes the goals of occlusal rehabilitation very lively and simple to practice.

The purpose of this article is to establish a path for understanding and practicing the fundamental occlusal principles in a simple, yet in depth way. Relying of the evidence based core would deliver a context for showing that occlusion is not as complicated as literatures might reflect .

Conclusion: Maintaining a well-defined picture of what a healthy occlusion should be like, is very gratifying to both the operator and the patient, with added worth of predictability, esthetics and function to the whole treatment.

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