



# made2move:therapy4kids

## Teeth Grinding

- ▣ Definition - the unconscious or involuntary act of clenching or grinding teeth
- ▣ Manifestations
  - Stress of anxiety
  - Sensory seeking
  - Postural deficit or compensation with muscle tone or movement patterns
  - Pinworms
  - Exposure to secondhand smoke
  - Fluid build-up in the ears
- ▣ Occurrence
  - At night known as bruxism
  - With stressful situations or over stimulation
  - Unexplained

### ▣ Suggestions

#### Sensory

▣ Deep pressure - throughout the day helps regulate system

- Weight garments
- Steam roller
- Jaw wiggle
- Navel radiation
- Taco roll

▣ Heavy work

- Punching bag
- Crashing
- jumping

▣ Chew fidgets

▣ Vibrating toothbrush

▣ Strong intense flavors

- Sour and sweet alternations
- Hot and spicy

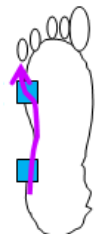
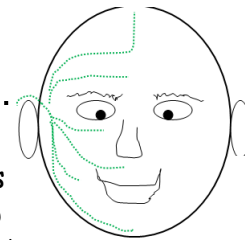
▣ Ear holding

▣ Rhythmic Entrainment Intervention

▣ Calming music

#### Posture

- Facial points  
Hold with deep pressure along the facial trails
- Babinsky Re-education  
Slow movements
- Feet windshield wipers -



Bring feet in and out, imitating windshield wipers

- Chin tuck front and back movements
- Facial tendon guard

#### Medical

- For stress or anxiety concerns - deep breathing and aromatherapy
- Talk with child's doctor

#### Evidence Based Decision Making:

Motta, L.J. et al. (2011) Craniocervical posture and bruxism in children. *Physiotherapy Research International*, 16(1): 57-61.

Lang, R. (2009). Treatment of bruxism in individuals with developmental disabilities: a systemic review. *Research Developmental Disabilities*, 30(5): 809-18

Ferreriera-Bacci, A. Et al (2012) Behavioral problems and emotional stress in children with bruxism. *Journal of Brazilian Dentistry*, 23 (3): 246-51.

Montaldo, L. et al (2012). Association between exposure to secondhand smoke and sleep bruxism in children: a randomized control study. *Tobacco Control*, 21 (4): 392-5.

