



The Alexander Discipline, Volume 2: Long-Term Stability in Orthodontics

R.G. "Wick" Alexander

With so many factors influencing long-term stability, such as the patient's growth and habits, the treatment technique, the application of forces, and patient compliance, this book consolidates the 20 principles of the Alexander Discipline outlined in volume one into 6 guidelines for approaching long-term stability in orthodontics, focusing on the periodontium, torque control, skeletal and transverse control, occlusion, and the soft tissue profile. Each guideline is presented with several case studies from the author's practice that not only present the treatment plan, demonstrate the mechanics at work, and show the results of treatment, but also show the long-term stability of the treatment with 5- to 40-year posttreatment records. Also included are exceptions to each guideline and an entire chapter on what to do when the treatment is

not stable in the long term. The guidelines presented in this book work to place the teeth in positions that will produce the healthiest, most functional, most esthetic, and most stable results possible.

Contents

- Introduction: Begin with Stability in Mind
- Selective Literature Review on Long-Term Stability
- Special Considerations in Orthodontics
- Anterior Torque Control
- Sagittal Skeletal Alteration and Vertical Skeletal Control
- Transverse Skeletal Alteration
- Functional Occlusion and Stability
- Facial Harmony
- Factors Related to Relapse

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