

# Confection of an Occlusal Stability Intra-oral Device for Violin Players

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**Background:** Violin players place the mandible to the side in which they rest the violin, to better stabilize it with the shoulder. This position can be harmful to the masticatory muscles and to the temporomandibular joint.

**Objectives:** We idealized and fabricated an intra-oral device, capable of providing occlusal stability and muscle tension relief referred by the violin players.

**Methods:** Teeth casts from 12 violinists were made, a register of the intermaxillary relation of their most usual position, in which they play violin and a facial arc register. The casts were assembled in the Protar 7 articulator (KaVo) and the device was made with the Erko-Loc Pro (Erkodent) 3mm plates. The device was individualized and adjusted with the T-scan device (Teskan) during violin playing.

**Results:** Positive feedback from the musicians as the device stopped, reported, teeth grinding and provided a relief of facial muscle tension, which followed the long hours of violin practice as well as a feeling of having all the teeth contacting, as we achieved contralateral contacts with the device.



**Conclusion:** This device might prove effective in preventing temporomandibular disorders, due the improvements in occlusal stability by contralateral contacts, the relief of facial muscle pain and, consequently, intra-articular pressure.

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