

ALIFIX

USING ALIFIX

WHY USE ALIFIX?

These days, our mastication muscles are increasingly **distorted by stress and weakened by soft food**. These conditions can interfere with the proper completion and stability of dental treatment, reduce the ability of patients to adapt to new dental implants, prostheses etc. following treatment and encourage dysfunction. With Alifix, we can **diagnose** these conditions and **correct them** by means of gentle “dental exercise”, as simple and effective as a low-impact gym workout.

WHEN TO USE ALIFIX

BEFORE making any changes to fillings, crowns etc. or before using bite registration wax to test for the presence of any imbalances or silent muscle fatigue (often present in patients who report cervical tension or tooth grinding/jaw tension during the day/night).

DURING occlusion-checking procedures to eliminate any incorrect positioning of the muscles that could distort the results of occlusion mapping.

AFTER making changes to a crown, implant etc. in patients with missing teeth or unsuitable prostheses for controlling occlusal load distribution and checking muscle function.

HOW TO USE ALIFIX

ALIFIX IS NOT AN OCCLUSAL SPLINT. It is not a substitute for an occlusal splint and should not be used as such. It is a system for assessing and training musculature.

There are two key RULES when using Alifix: chew gently or keep it in the mouth without chewing (it works when swallowing) and train gradually so as not to overload the muscles.

To DIAGNOSE: there are three musculature-assessment TESTS:

Comfortable position
Fatigue test
Lateral imbalance test

To RESTORE correct muscle function, use three procedures:

Reinforcing musculature
Correcting lateral imbalance
Stabilising

The recommended time to use Alifix is in the evening before going to bed. **DO NOT use whilst sleeping (it may be accidentally swallowed).**

CONTRAINDICATIONS

DO NOT use Alifix in cases of acute inflammation and pain, particularly acute joint locking, non-stabilised mandibular/maxillary fractures or acute muscle spasm. **Children** must be over six to use Alifix and always under parental supervision.

MUSCULATURE ASSESSMENT

FINDING THE COMFORTABLE POSITION (bilateral use)

- 1 Insert Alifix into both sides of the mouth, with the thicker end of the wedge towards **the back of the mouth**. Instruct the patient to chew once or twice and ask them if they feel comfortable.
- 2 Repeat the operation reversing the device so that the **thicker end is towards the front** and ask the patient which of the two positions feels more comfortable (thicker end in the anterior or posterior position) .
- 3 Record the data on the **Musculature Analysis Report**.

Explanation

Under normal conditions, patients should experience no difference between the posterior or anterior position.

A more comfortable anterior or posterior position indicates some **inconsistency between the temporal and masseter muscles function**. Patients should begin the training procedures using the most comfortable position.

FATIGUE TEST (bilateral use)

- 1 Insert Alifix devices on **both sides** with the thicker end in the most comfortable position.
- 2 Instruct the patient to **chew gently** until they begin to feel fatigue or muscular discomfort.
- 3 Note down the muscle or muscles that show signs of fatigue first as well as the time taken on the **Musculature Analysis Report**.

Explanation

Under normal conditions, patients can chew up to five consecutive minutes without feeling any fatigue. Fatigue reported before five minutes have passed indicates that the musculature is fatigued and **creates conditions for incorrect function**.

Furthermore, fatigue reported on one side only indicates functional asymmetry.

LATERAL IMBALANCE TEST (unilateral use)

- 1 Place an **Alifix device to the right** with the thicker end in anterior position and ask the patient to chew gently.
- 2 Observe whether the chin shifts towards the masticating side.
- 3 Repeat the assessment with Alifix **on the left**.
- 4 Record the data on the Musculature Analysis Report.

It is essential to conduct the test using one **Alifix at a time**, removing the other device from the opposite side.

Explanation

When we chew on the right, the **chin shifts** mainly to the right and vice versa. If the chin always moves to the same side, whether chewing on the right or the left, then there is an imbalance in the musculature.

MUSCULATURE ANALYSIS REPORT

COMFORTABLE POSITION

Position of the thicker end: A = anterior; P = posterior

| | |
|--------------------------|--------------------------|
| R | L |
| <input type="checkbox"/> | <input type="checkbox"/> |

FATIGUE TEST

(Record how many seconds or minutes the patient chews before feeling fatigue.)

FIRST MUSCLES TO FATIGUE

AT = Anterior temporal; Mass = Masseter

| | | |
|------|--------------------------|--------------------------|
| | R | L |
| AT | <input type="checkbox"/> | <input type="checkbox"/> |
| Mass | <input type="checkbox"/> | <input type="checkbox"/> |

LATERAL IMBALANCE TEST

Note whether there is prevalent displacement of the chin to one side, both when chewing on the right or the left. N = the chin moves correctly in relation to the side of mastication.

| | | |
|--------------------------|--------------------------|--------------------------|
| R | N | L |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

HOW TO USE THE DATA ON THE REPORT FOR TREATMENT

If the three values fall within the standard parameters, the subject has normal musculature and a good capacity for adaptation. Incorrect values indicate the need for **treatment** to reinforce and/or rebalance the muscles. The procedure for rebalancing the musculature involves **three steps** to be adapted depending on the outcome of the tests.

The **comfortable position** is the starting position to be used in the treatment. If neither position is more comfortable for the patient, insert the device with the thicker end towards the back of the mouth.


PROCEDURE FOR REINFORCING MUSCULATURE (bilateral use)

This is the **first** procedure to use for patients who felt fatigue after less than five minutes.

Begin by using Alifix on both sides, inserting the devices between the teeth **in the most comfortable position** and alternating periods of chewing and resting for 10-12 minutes, following the instructions on the Reinforcing Musculature Grid.

Keep Alifix in the mouth during the rest period: it continues to exert and effect when **swallowing**.

NB: It is essential that mastication time be increased **once a week only** to respect the minimum time required for the muscles to adapt physiologically. **The objective** is to reach five minutes of gentle, continuous chewing without fatigue.

Once they have managed to chew for five minutes with the thicker end in the comfortable position, repeat the test and the training process with the device in the reverse position.  Reversing the device activates other muscles

CORRECTION OF LATERAL IMBALANCE (unilateral use)

To be carried out **after** reaching the five-minute target. Insert Alifix on the side towards which the chin shifts with most difficulty, and position the thicker end towards the front. Instruct the patient to chew for five minutes then rest for five minutes.

After four weeks, repeat the lateral imbalance test to assess whether the chewing has been corrected. If it is still not correct, continue for a further four weeks or until normalised.






THE MUSCULAR STABILISATION PROCEDURE (bilateral use) The later procedure

serves to stabilise the results achieved:

1. chew for five minutes with the thicker end in the posterior position,
2. rest for five minutes while keeping Alifix in place,
3. chew for another five minutes with the thicker end in the anterior position.

Complete the 15-minute cycle in the evening, before bedtime, for a period of about four to six months.

REINFORCING MUSCULATURE GRID

| Weeks of training | 1a | 2a | 3a | 4a | 5a | 6a |
|------------------------------------|---|--|---|---|---|--|
| Results of the fatigue test | | | | | | |
| Under one minute | Keep Alifix in the mouth for 10 minutes without chewing | Alternate between 1 minute of chewing and 1 minute of rest | +1 min | +1 min | +1min | 5 minutes of chewing + 5 minutes of rest  |
| Between 1 and 2 minutes | Alternate between 1 minute of chewing and 1 minute of rest for 10 minutes | 2 minutes of mastication and 2 minutes of rest | +1 min | +1 min | +1 min |  |
| Between 2 and 3 minutes | Alternate between 2 minutes of chewing and 2 minutes of rest for 10 minutes | 3 minutes of chewing and 3 minutes of rest for 12 minutes | +1 min | +1 min |  | |
| Between 3 and 4 minutes | Alternate between 3 minutes of chewing and 3 minutes of rest for 12 minutes | 4 minutes of chewing and 4 minutes of rest for 12 minutes | + 1min |  | | |
| Over 4 Minutes | Alternate between 4 minutes of chewing and 4 minutes of rest for 12 minutes | 5 minutes of chewing + 5 minutes of rest |  | | | |