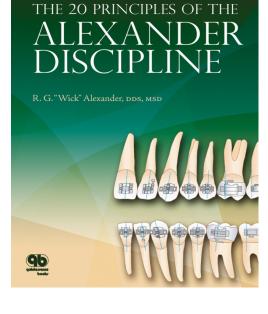
QUINTESSENCE PUBLISHING DEUTSCHLAND



Edition:	1st Edition 2008
pages:	232
Images:	1000
Cover:	Hardcover
ISBN:	978-0-86715-467
Stock No.:	16911
Published:	June 2008

00 ardcover 8-0-86715-467-2 911 ne 2008

Quintessenz Verlags-GmbH

- Ifenpfad 2-4 12107 Berlin Germany
- **J** +49 (0) 30 / 76180-5
- **H** +49 (0) 30 / 76180-680
- ➡ info@quintessenz.de
- http://nginx/deu/de

Book information

Authors: Title:

R. G. "Wick" Alexander

The 20 principles of the Alexander Discipline Volume 1

Short text:

Introduced in 1978, the Alexander Discipline represents a unique approach to orthodontic treatment; today, legions of clinicians around the world apply its 20 master principles in their practices. An outgrowth of the Tweed technique, these basic principles have been developed empirically over many years in the author's own practice. Complete records of patients treated by the author dating back 25 years are presented to demonstrate specific results and the stability of treatment. This book will be of strong interest to anyone involved in the study or practice of orthodontics.

Contents

Chapter 01. Effort Equals Results
Chapter 02. There Are No Little Things
Chapter 03. The KISS Principle
Chapter 04. Establish Goals for Stability
Chapter 05. Plan Your Work, Then Work Your Plan
Chapter 06. Use Brackets Designed for Specific Prescriptions
Chapter 07. Build Treatment into Bracket Placement
Chapter 08. Exploit Growth to Obtain Predictable Orthopedic Correction
Chapter 09. Establish Ideal Arch Form
Chapter 10. Follow a Logical Achwire Sequence
Chapter 11. Consolidate Arches Early in Treatment
Chapter 12. Ensure Complete Bracket Engagement and Maintain Consolidation
Chapter 13. Let It Cook!
Chapter 14. Level the Arches and Open the Bite with Reverse-Curve Archwires
Chapter 15. Create Symmetry
Chapter 16. Use Intraoral Elastics to Coordinate the Arches
Chapter 17. Use Nonextraction Treatment Whenever Possible
Chapter 18. Use Extraction Treatment Whenever Necessary
Chapter 19. Careful Appliance Removal and Retention Will Improve Stability
Chapter 20. Create Compliance
Categories: Orthodontics