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## Assessment of buccal separators in the relief of bruxist activity associated with myofascial pain-dysfunction

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### ABSTRACT

The purpose of this study was to evaluate the effectiveness of heavy (S2) Alastik separators in relieving bruxist activity as monitored through masseter muscle area EMG activity, muscle palpation, and self-reporting in 21 Caucasian subjects. The subjects, all of whom suffered from both bruxism and myofascial pain-dysfunction, were randomly assigned to one of three groups: experimental (separator group); placebo (separator placed and removed); and control groups (no separator).

The findings from this study indicate that there were no observable differences in either subjective or objective responses to the pretreatment versus posttreatment questionnaire and clinical examination for tooth clenching or grinding, facial pain, and fatigue of the jaws. In addition, no statistical differences were found between pre and posttreatment data. The EMG data did not show any statistical differences between pretreatment and posttreatment evaluations or among the 3 groups.

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