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**Prosthodontic Program for Muscle Deprogramming of Emotional
Stress-Induced Myospasms – A Review**

JOPD

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ABSTRACT:

The people in this modern world are experiencing high emotional stress levels. Incidentally, emotional stress has been found to be one of the major etiological factors in TMD and it is not an exaggeration that there is an increased demand for “Muscle Deprogrammers” to relieve the spasm of the muscles of stomatognathic system. Deprogramming devices are used to eliminate MUSCLE ENGRAMS, prevent the neuromuscular avoidance mechanism, and reprogram stomatognathic muscles so that the mandible more easily achieves the Centric Relation. Getting the centric relation by eliminating muscle hyperactivity is the primary goal of Muscle Deprogrammers. In this review, the pathophysiology behind muscle hyperactivity, the mechanism of action of various deprogrammers and the choice of the deprogrammer for a particular condition is discussed.

KEYWORDS: Muscle Engrams, Muscle Reprogrammers.

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