



AN  
ADVANCED  
PROGRAM  
FOR THE GENERAL  
PRACTITIONER

# Minor Tooth Movement

CURRENT CONCEPTS IN AMERICAN DENTISTRY



1/2 Fixed Appliances + 1/2 Clear Aligners

A HANDS-ON  
PARTICIPATION COURSE BY  
**DR. MARTIN B. EPSTEIN**



Greece International Course

**Athens**

4 SESSIONS

**New York**

1 SESSION

Five separate sessions divided  
over a 2-year period

**2025-2027**

- The most advanced self-ligating bracket system
- The use of clear removable appliances
- Cutting edge typodonts to learn & practice
- Treatment of cases from your offices

Organized by Merimna Institute | Dental Education Institution

# THE TRAINER



## DR. MARTIN B. EPSTEIN

- Former Clinical Associate Professor, Department of Orthodontics Post-Graduate Division, New York University College of Dentistry
- Diplomate of the American Board of Orthodontics
- Teacher of the Year Award – NYU College of Dentistry, Postgraduate Orthodontics
- Presented courses and seminars extensively in Europe, Asia and South America
- Written numerous articles in American and International Orthodontic publications
- American Dental Association Certificate of Recognition – for volunteer service in a foreign country
- Manuscript Review Committee: American Journal of Orthodontics and Dentofacial Orthopedics
- Private practice of Orthodontics over 30 years

## GENERAL INFORMATION

This course is designed for the general practitioner interested in integrating basic tooth movement principles into their daily practice. Participants will be provided with an overview and practical knowledge of all facets of tooth movement with both fixed and removable appliances. Understanding and basic training in the diagnosis and treatment planning of malocclusions will be stressed.

Management for these patients will include the information and training necessary to be able to efficiently use a wide variety of modern state-of-the-art appliances. Proper recognition and management of problems in the developing dentition will be detailed.

### Specific requirements include:

#### ATTENDANCE :

**3 Webinars and 4 Sessions of four days (Thursday-Sunday) at Merimna Institute, Athens, Greece and 1 Session (Thursday-Sunday) at NYU College of Dentistry Linhart Continuing Dental Education Program, New York.**

Participants has to complete the program in five separate sessions divided over a two-year period.

#### WRITTEN REPORTS:

Participants must complete a written report on a topic to be determined by NYU College of Dentistry Linhart Continuing Dental Education Program. Written reports must be typed. Recommended report length is 15-25 pages. A list of scientific references should be included. The written report may be in English or another language if the participant is not able to communicate in English. However, if English is not the language selected, a one-page summary in English must be included.

#### CASE PRESENTATIONS:

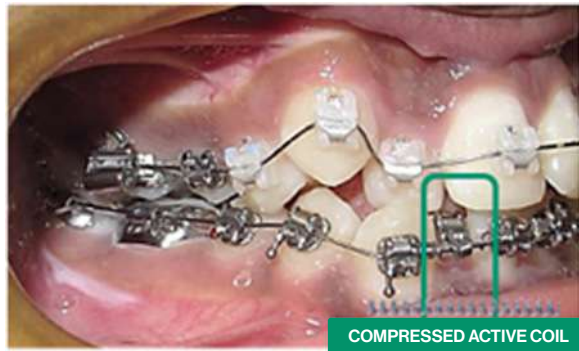
During the final session, participants are required to document and formally present two (2) clinical cases performed and completed in their private practices.

#### PROGRAM COMPLETION:

Upon successful completion of all program requirements, a **Certificate of Achievement will be awarded by NYU College of Dentistry Linhart Continuing Dental Education Program.** Please note this certificate program is not applicable to any formal degree program but is an acknowledgement of the participants' commitment to professional growth and development.

The final decision for fulfilling the requirements is the responsibility of the Assistant Dean for Continuing Education.

# THE COURSE



## ISSUES COVERED WILL INCLUDE:

- **Biology of tooth movement**
- **Diagnosis and clinical evaluation**
- **Cephalometrics**
- **Facial esthetics**
- **Differential treatment planning**
- **Digital Workflow Platform**

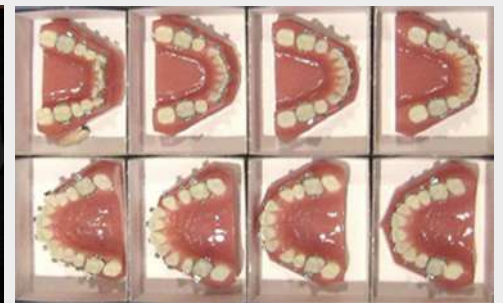
The scope of the course will include intensive hands-on participation with state-of-the-art typodonts that simulate actual tooth movement with a series of interactive models to follow all of the steps to correct a full malocclusion. Flexible models with special shape memory material, removable teeth and the exact brackets and molar bands used in the technique.

## TOPICS INCLUDED WILL EMPHASIZE:

- **Early treatment for the younger patient**
- **Extraction and non-extraction treatment**
- **Adult treatment methodology using fixed appliances and clear aligner treatment**
- **Diagnosis and treatment planning for implants**
- **Management of Class II and Class III patients**
- **Finishing treatment protocol and retention**

Participants will learn precision bracket placement techniques and molar banding, archwire selection and fabrication. Contemporary mechanics using light continuous force systems will be discussed in detail. The use of the newer temperature activated shape memory archwires will be explored. **Sufficient selection of the instruments and materials necessary to carry out treatment will be included in the course kit.**

Upon completion of the sequence, the general practitioner will have developed the skills necessary to recognize and successfully treat a wide variety of tooth movement situations in a predictable and efficient manner. This will be accomplished by the integration of actual cases from the participant's own offices.



**Over the series you will be encouraged to bring diagnostic records of your own patient's to the course. We will treatment plan and design the appliances necessary to carry out successful and efficient protocols for these patients.**

# 1st SESSION ATHENS

## LIVE WEBINAR SESSIONS

January 25, 2025 (4 Hours) | February 22, 2025 (4 Hours) | March 22, 2025 (4 Hours)

**MAY 29-JUNE 01, 2025 (4 Days)**

MERIMNA INSTITUTE

### INTRODUCTION

Introduction and course overview

What is a malocclusion: classification systems, normal patterns, types of Class II & Class III patterns

### ARMAMENTARIUM

**COURSE KITS:** complete selection of instruments, brackets, archwires and auxiliaries needed for the entire course

**TYPODONTS:** state-of-the-art typodonts that simulate actual tooth movement with a series of models to follow all of the steps to correct a full malocclusion. Flexible models with special memory like material, removable teeth and the exact brackets and molar bands used in

### BANDING, BONDING & BRACKET PLACEMENT

**Hands-on typodont** sessions: actual bonding of brackets, use of measuring gauges

Banding and bonding of brackets and other attachments with theory and methodology  
Separation and molar banding techniques

### ARCHWIRES & LIGATION

Archwires-properties, types of archwires and clinical applications

Ligation of brackets on typodonts, discussion of methods and techniques

Hands-on typodont sessions: basics of wire bending, initial archwire placement, loop and circle designs, lacebacks, center & off-center bends

### THE DIGITAL ERA

**Using new technology:** digital workflow platform, digital scanning, 3-D printing

### DIAGNOSIS

Introduction to diagnosis: establishing a comprehensive database, evaluation of facial esthetics

Comprehensive database: the key to diagnosis

Clinical evaluation: how to perform a complete clinical examination

Diagnostic records a step-wise approach to cataloging the database [use of exam form]

Differential diagnosis: evaluation of skeletal and dental relationships

Facial analysis: integration into database

Hands-on sessions: performing a thorough clinical examination and recording of findings

### DIFFERENTIAL FORCE SYSTEM [DFS]

Introduction to the treatment philosophy [Part I]

Evolution of bracket design and bracket features

Selection of suitable cases for initial treatment: participants will select patients to treat and follow through the course. Guidelines discussed to evaluate ideal cases from your own office and document each step of treatment. Cases are diagnosed, treatment planned and followed through all stages.

Doctors have the benefit of treating actual cases and presenting progress documentation to the group at each session.

### COURSE PARTICIPANTS CLINICAL CASES [EACH SESSION OF COURSE]

Presentation of student's individual cases

Diagnosis and treatment planning of student's own cases

Discussion and evaluation of progress cases





## CEPHALOMETRICS

Introduction to cephalometrics and coordination with treatment planning Basics of digitizing and tracing with state-of-the-art computer based programs.

**Cephalometric landmarks:** how to identify, understand and use the landmarks

**Cephalometric analysis:** how to integrate with diagnosis

**Cephalometric superimposition:** technique to study growth and treatment results

**Cephalometric typical patterns:** understanding usual and customary skeletal patterns

## BIOLOGY OF TOOTH MOVEMENT

**Theory of tooth movement:** types of tooth movement, tooth movement variables

## DIFFERENTIAL SLOT SIZE TECHNIQUE [DSS]

Treatment philosophy of the technique [Part II]

**Stages of treatment:** divided into 7 specific treatment goals

## ANCHORAGE

Principles of action and reaction, biomechanics of forces, couples, moments

Anchorage appliance theory and design, anchorage loss and solutions

## TREATMENT PLANNING

Introduction to the basic tools of understanding

**Growth modification:** techniques and rationale used for skeletal changes

**Dental camouflage:** techniques and rationale of dental versus skeletal changes

**Extraction patterns:** analysis of dental arch length and treatment options for deficiencies

**Surgery:** consideration for treatment [introduction]

**Putting it all together:** integration of principles of diagnosis and treatment planning

## SPACE MANAGEMENT

**Canine retraction:** principles, rationale and techniques

**Anterior retraction:** principles, rationale and techniques

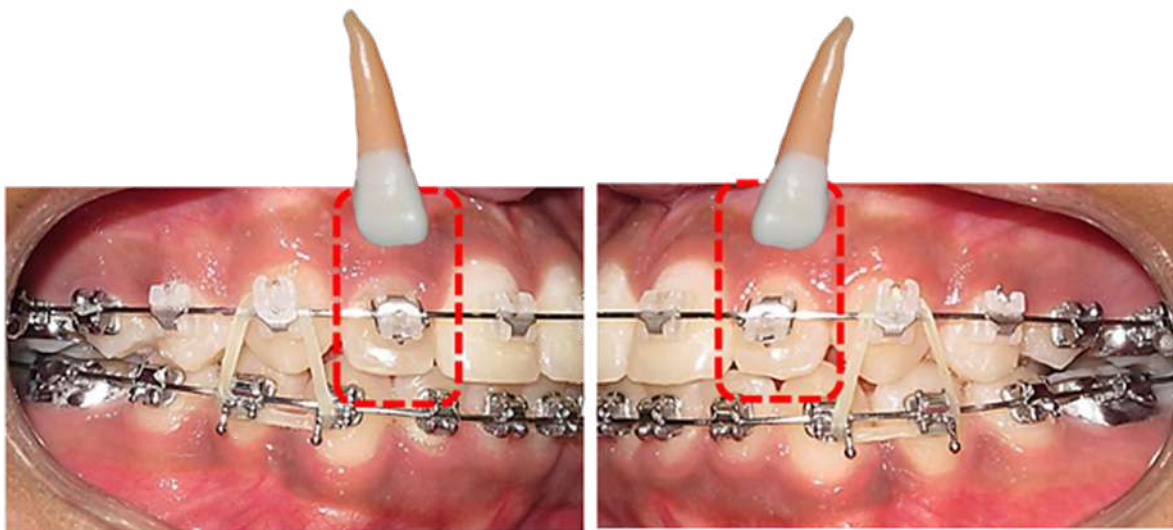
**Hands-on tyodont sessions:** practical application of retraction techniques, helical loops

## COURSE PARTICIPANTS

### CLINICAL CASES

#### [EACH SESSION OF COURSE]

Presentation of student's individual cases  
Diagnosis and treatment planning of student's own cases  
Discussion and evaluation of progress case



### EARLY TREATMENT [INTERCEPTIVE]

Diagnosis and treatment planning of patients in the mixed dentition  
Removable appliances to treat anterior crossbites, habit treatment with removable and fixed appliances  
Functional crossbites and mandibular deviations  
Class III treatment with protraction headgear and expansion [Part I]  
Class II treatment with mandibular propulsion appliances [Part I]  
Treatment for injuries and avulsed teeth  
Extraction decisions in the mixed dentition  
Space maintenance and space regaining for early loss of teeth

**Hands-on typodont sessions:** use of 2 by 4 mechanics, stopped arches, advancement arches, tipback bends, toe-in bends

### PALATAL EXPANSION [TREATING THE TRANSVERSE DIMENSION]

Theory and application of expansion of the maxillary arch  
Banded types of expanders: design and usage of various styles  
Bonded types of expanders: design and usage of various styles  
Other types of expanders: designs that do not open the suture

### DIFFERENTIAL FORCE SYSTEM [DFS]

Introduction to the treatment philosophy [Part III]

**Stages of treatment:** divided into 7 specific treatment goals  
Preparation phase of treatment and selection of anchorage appliances

**Leveling and aligning phase:** archwire selection and strategy  
Class I and midline attainment principles  
Vertical and transverse considerations

### SPACE MANAGEMENT

Posterior protraction: principles, rationale and techniques

**Hands-on typodont sessions:** practical application of protraction techniques

### DIAGNOSIS & TREATMENT PLANNING

Integration to actual cases with differential treatment planning

Diagnostic exam session: case material presented from actual completed patients records and reviewed by course participants for their diagnosis and treatment plans.

### COURSE PARTICIPANTS CLINICAL CASES [EACH SESSION OF COURSE]

Presentation of student's individual cases  
Diagnosis and treatment planning of student's own cases  
Discussion and evaluation of progress case



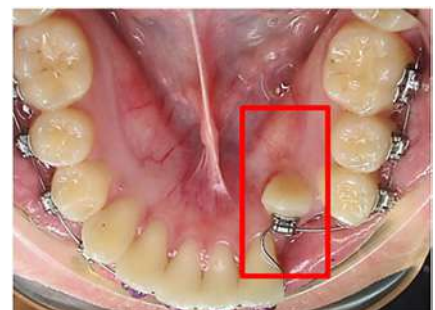
Attachments and Class II buttons



FINAL alignment



Clear retainers with pontics



**NON-EXTRACTION TREATMENT**

Guidelines for the selection of a non-extraction treatment plan  
Diagnosis and treatment planning for maxillary molar distalization  
**Non-extraction faces:** principles for diagnostics in non-extraction facial esthetics

**INTERPROXIMAL ENAMEL REDUCTION**

Theory and application of enamel reduction  
Techniques and methodology of enamel reduction with posterior teeth  
**Treatment details:** case studies of various situations requiring additional space management  
Anterior tooth reduction techniques and treatment

**CLASS II MALOCCLUSIONS: DIAGNOSIS & TREATMENT PLANNING**

Diagnosis and treatment planning of the six typical Class II patterns  
Treatment of severe cases in the mixed dentition with mandibular advancement appliances  
Diagnosis and treatment of mandibular based problems  
Diagnosis and treatment of maxillary based problems

**CANINES: DIAGNOSIS & TREATMENT OF IMPACTED TEETH**

Treatment planning for the compromised positioned canines  
Diagnosis of canine positions in the developing dentition  
Canine exposure: planning and methods of surgical uncovering of impactions  
Cone beam technology for diagnosis and the use of diode lasers for soft tissue impactions  
Treatment details of cases with various methods of bringing impacted canines into the arch  
**Hands-on tyodont** sessions: use of step-down arches with circles, NiTi coil techniques, piggy-backs



**UPPER ARCH**  
With pontics for both centrals



**Missing both upper central incisors**  
Will need two Implants



**ADVANCED DIAGNOSIS & TREATMENT PLANNING [PART I]**

Integration to actual cases with differential treatment planning for the more complex cases  
**Diagnostic exam session:** case material presented from actual completed patients records and review by course participants for their diagnosis and treatment plans.  
Use of specific diagnostic forms to establish the comprehensive database

**ADULT & INTERDISCIPLINARY TREATMENT [PART I]**

Periodontal and osseous considerations in adult treatment  
Treatment for adult requiring implants and prosthetics  
Adjunctive treatment planning for prosthetics  
Molar uprighting techniques  
TMJ diagnosis and treatment planning considerations

**CLEAR ALIGNER TREATMENT [PART I]**

Treatment planning for adults and adolescents with clear removable appliances  
Use of interproximal enamel reduction to gain space to align teeth  
Impression taking techniques and the ideal bite registration method  
Advanced treatment planning of extraction cases with Invisalign  
How to do an effective and predictable Clincheck  
Theory, design and preparation of attachments

**CLASS III MALOCCLUSIONS: DIAGNOSIS & TREATMENT PLANNING**

Interceptive treatment in the mixed dentition with protraction facemask therapy  
Facemask modifications and integration of palatal expansion  
Removable appliances for early treatment  
Camouflage treatment without surgery in the adolescent

**COURSE PARTICIPANTS CLINICAL CASES [EACH SESSION OF COURSE]**

Presentation of student's individual cases  
Diagnosis and treatment planning of student's own cases  
Discussion and evaluation of progress cases



**with Clear Aligners & Interdisciplinary Dentistry**



## ADULT & INTERDISCIPLINARY TREATMENT [PART II]

Periodontal and osseous considerations in adult treatment  
Treatment for adult requiring implants and prosthetics  
Adjunctive treatment planning for prosthetics  
Molar uprighting techniques  
TMJ diagnosis and treatment planning considerations

## CLEAR ALIGNER TREATMENT [PART II]

Treatment planning for adults and adolescents with clear removable appliances  
Use of interproximal enamel reduction to gain space to align teeth  
Impression taking techniques and the ideal bite registration method

## THE VERTICAL DIMENSION

Treatment of open bite malocclusions  
Treatment of deep bite malocclusions and the use of bite turbos with Hands-on typodont sessions

## OCCCLUSION

Principles of occlusal analysis, six keys to establishing ideal occlusion

## ADVANCED DIAGNOSIS & TREATMENT PLANNING [PART II]

Integration to actual cases with differential treatment planning for the more complex cases

**Diagnostic exam session:** case material presented from actual completed patients records and review by course participants for their diagnosis and treatment



## IMPLANTS USED IN TREATMENT

Theory and management of implants in diagnosis and treatment planning decisions

## FINISHING TREATMENT PROTOCOL

Pre-finishing checklist for the identification and management of the final stages of treatment  
Diagnostics of finishing and how to observe the dentition in the proper manner  
Finishing archwire selection and application  
Final posterior alignment and use of second molar attachments

**Hands-on typodont sessions:** use of canine offset bends, artistic bends, swinging gates, piggy-back arches, torque application

## ESTHETIC RECONTOURING

Techniques for recontouring of incisal edges for worn and abraded teeth  
Treatment details of cases requiring recontouring

## RETENTION PROTOCOL

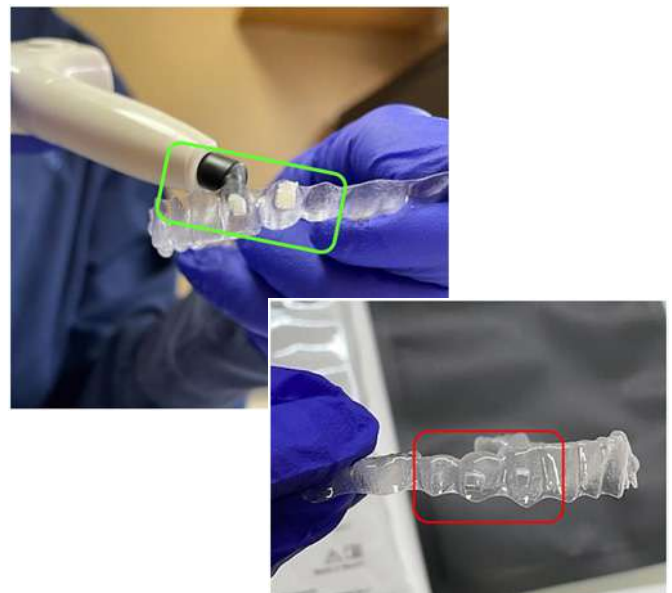
Theory and management of the retention phase of completed treatment

**Removable retainers:** design and usage  
Spring aligners for final tooth correction and relapse cases

**Bonded retainers:** design and applications; polyethylene ribbon type retainers

## THE FINANCIAL SIDE OF TREATMENT

Discussion of fees and financial matters to make treatment profitable and cost effective





# DATES

SESSION #1	JANUARY 25, 2025 (4 hours) FEBRUARY 22, 2025 (4 hours) MARCH 22, 2025 (4 hours) MAY 29-JUNE 01, 2025 (4 days)	Webinar (via zoom) Webinar (via zoom) Webinar (via zoom) Merimna Institute, Athens
SESSION #2	OCTOBER 2025 (4 days)	Merimna Institute, Athens
SESSION #3	MAY 2026 (4 days)	Merimna Institute, Athens
SESSION #4	NOVEMBER 2026 (4 days)	NYU Dentistry, New York Linhart Continuing Dental Education Program
SESSION #5	MAY 2027 (4 days)	Merimna Institute, Athens

# GENERAL INFORMATION

## Program Fees: 12.000 €

Includes for every participant:  
Introductory course material Kit  
Handouts of the program  
Coffee breaks & Lunches  
**+ Roundtrip Air Tickets Athens – New York – Athens**  
**+ 5 overnight stays at New York**

**Language:** The official language of the Course is **English**

**This is a tentative arrangement of topics, the exact order to be determined as course progresses.**

## Certificate of Achievement

Upon successful completion of all program requirements, a Certificate of Achievement will be awarded by **NYU College of Dentistry** Linhart Continuing Dental Education Program.

**Please note** this certificate program is not applicable to any formal degree program but is an acknowledgement of the participants' commitment to professional growth and development.

# REGISTRATION

**MERIMNA INSTITUTE**  
Dental Education Institution

PHONE: (+30) 210 9734000  
E-MAIL: [info@merimnaseminars.gr](mailto:info@merimnaseminars.gr)  
WEB: [www.merimnaseminars.gr](http://www.merimnaseminars.gr)

## LOCATIONS



### Merimna Institute

Licence Number K.D.B.M. 202168085  
272 A Vouliagmenis Ave.  
17343, Agios Dimitrios, Athens, Greece



Linhart Continuing Dental Education Program

### NYU College of Dentistry

Linhart Continuing Education Program

Continuing Dental Education Programs

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[dental.nyu.edu/ce](http://dental.nyu.edu/ce)

