

The application of audiostimulation and electromyographic biofeedback to bruxism and myofascial pain-dysfunction syndrome

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A technique of muscular relaxation based on the combination of auditory stimulation and electromyographic biofeedback was applied to thirty-three patients with bruxism and myofascial pain-dysfunction syndrome (MPD syndrome), with successful results in the treatment of this pathologic condition. The pathogenic factors are discussed as well as the results obtained throughout the sessions, analyzing at rest integrated electromyographic recordings, and evolution of the symptoms. © 1981.