

# 31<sup>st</sup> International Webinar on DENTISTRY

January 06, 2022 | Webinar

## The application of pendulum as a space regainer in orthodontic treatment

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**Background:** The process of distalization in orthodontic treatment is often very difficult. The most common method is the use of cervical headgear. However, due to poor patient compliance, it leads to poor treatment outcomes. Treatment alternatives that require minimal compliance include jones jig, magnets and pendulum.

**Objective:** This study aimed to perform distalization of a maxillary molar on a bilateral Class II molar relationship patient with a crowded maxillary arch.

**Case Report:** A 10-year-old female with a Class II molar relationship, bilateral posterior crossbite, and nonerupted upper canines was treated with a rapid palatal expander (RPE), pendulum appliance, and fixed appliance. The crowding in the maxillary arch and spacing in the mandibular arch were eliminated, and transverse discrepancies were corrected.

**Conclusion:** Pendulum appliance is very effective in creating spaces for the eruption of canines and ectopic premolars. Pendulum appliances have been introduced for a long time and have proven successful for molar distalization and space regainer and require minimal patient cooperation. Like other distalization appliances, distal tipping of the molars and mesial movement of the premolars could be observed.

### Biography

Himawan Halim done his Bachelor of Science in Chemistry from UCLA in 1981, then DMD from Washington Univ School of Dental Medicine in 1986. MSc in Orthodontic from Washington Univ School of Dental Medicine in St Louis in 1988. In 2005, PhD from Univ of Indonesia. On Job Trainee at Department of Orthodontic, Otago University and Middle Moore Hospital, Auckland, New Zealand. Retired Navy Orthodontists. Presently, faculty at Orthodontic Department Univ of Trisakti and private practice. Visiting Adjunct Faculty at Univ of Alabama, AT Still Univ and European University College, Dubai. Board member of world orthodontic implant association, Japanese orthodontic journal, and past executive committee members of world federation of orthodontic.

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