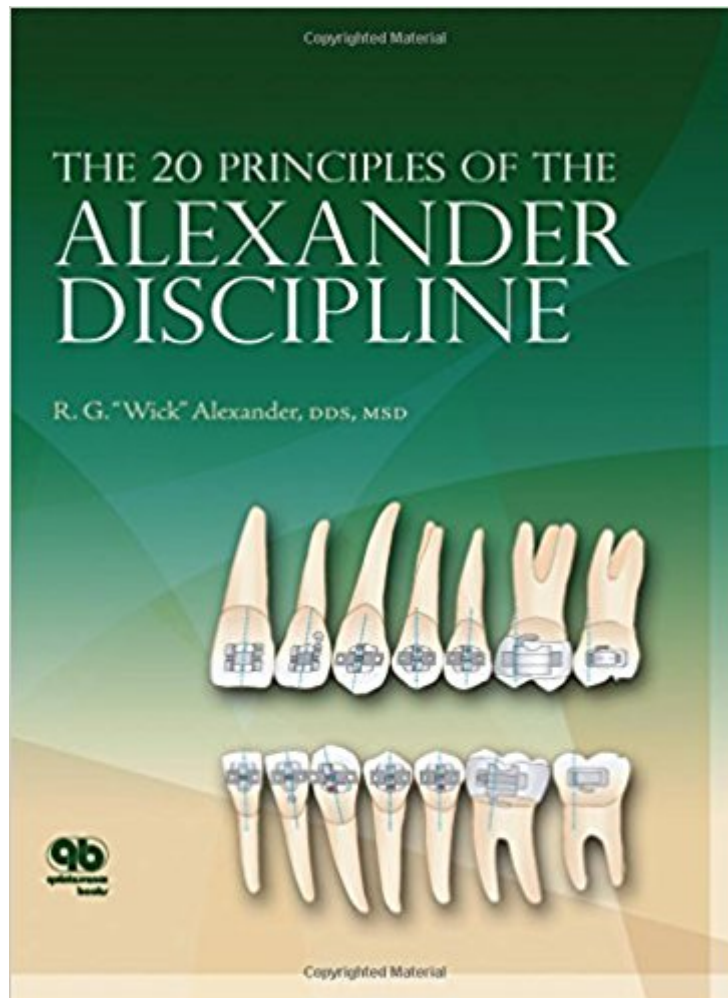




The book was found

# The 20 Principles Of The Alexander Discipline



## Synopsis

Introduced in 1978, the Alexander Discipline represents a unique approach to orthodontic treatment; today, legions of clinicians around the world apply its 20 master principles in their practices. An outgrowth of the Tweed technique, these basic principles have been developed empirically over many years in the author's own practice. Complete records of patients treated by the author dating back 25 years are presented to demonstrate specific results and the stability of treatment. This book will be of strong interest to anyone involved in the study or practice of orthodontics.

Contents

1. Effort Equals Results
2. There Are No Little Things
3. The KISS Principle
4. Establish Goals for Stability
5. Plan Your Work, Then Work Your Plan
6. Use Brackets Designed for Specific Prescriptions
7. Build Treatment into Bracket Placement
8. Exploit Growth to Obtain Predictable Orthopedic Correction
9. Establish Ideal Arch Form
10. Follow a Logical Archwire Sequence
11. Consolidate Arches Early in Treatment
12. Ensure Complete Bracket Engagement and Maintain Consolidation
13. Let It Cook!
14. Level the Arches and Open the Bite with Reverse-Curve Archwires
15. Create Symmetry
16. Use Intraoral Elastics to Coordinate the Arches
17. Use Nonextraction Treatment Whenever Possible
18. Use Extraction Treatment Whenever Necessary
19. Careful Appliance Removal and Retention Will Improve Stability
20. Create Compliance

## Book Information

Series: The Alexander Discipline

Hardcover: 232 pages

Publisher: Quintessence Pub Co; 1 edition (July 30, 2008)

Language: English

ISBN-10: 0867154675

ISBN-13: 978-0867154672

Product Dimensions: 8.7 x 0.8 x 11.2 inches

Shipping Weight: 2.3 pounds (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars 2 customer reviews

Best Sellers Rank: #1,754,381 in Books (See Top 100 in Books) #58 in Books > Textbooks >

Medicine & Health Sciences > Dentistry > Orthodontics #98 in Books > Medical Books >

Dentistry > Orthodontics #538 in Books > Textbooks > Medicine & Health Sciences > Dentistry >

General

## Customer Reviews

This book was a pleasure to read. It is well written and well illustrated. The case studies at the end

of most chapters were particularly beneficial to understanding what was presented. The author has long-term follow-up with many of his patients, which allows the reader to see how treatment held up over the years. --Kevin Hanley, DDS - The New York State Dental Journal, August/September 2008  
All orthodontists and students who aspire to rendering optimal treatment to their patients, regardless of their preferred appliance systems, will be engaged, intrigued, and inspired by Dr Alexander's extraordinary book. --Elliott M. Moskowitz, DDS, MSD - Journal of Clinical Oncology, August 2008

Everything was excellent

very good quality printed book, as well as interesting contents and humorous language. Great Alexander, great book!

[Download to continue reading...](#)

NAVY SEAL DISCIPLINE; The Ultimate Guide to Self-Discipline & Control like a US NAVY SEAL: Gain Incredible Self Confidence, Motivation & Discipline.: Self-Discipline: ... Guide (NAVY SEAL WARRIOR GUIDES Book 1) Self-Discipline: Self-Discipline of a Spartan Trough: Confidence, Self-Control and Motivation (Motivation, Spartan, Develop Discipline, Willpower) The 20 Principles of the Alexander Discipline Positive Discipline: The Classic Guide to Helping Children Develop Self-Discipline, Responsibility, Cooperation, and Problem-Solving Skills Self-Discipline: Spartan Discipline for the Modern Man Daily Self-Discipline: Everyday Habits and Exercises to Build Self-Discipline and Achieve Your Goals Self-Discipline for Entrepreneurs: How to Develop and Maintain Self-Discipline as an Entrepreneur Positive Discipline A-Z: 1001 Solutions to Everyday Parenting Problems (Positive Discipline Library) Positive Discipline for Preschoolers: For Their Early Years--Raising Children Who are Responsible, Respectful, and Resourceful (Positive Discipline Library) Self-Discipline: Become A Greek Spartan: Everything You Need to Know to Transform Your Life into A Modern Day Spartan & Gain More Confidence, Hunger and ... (Greek Spartan Mindset, Spartan Discipline) The Alexander Discipline, Vol 3: Unusual and Difficult Cases Long-Term Stability in Orthodontics (The Alexander Discipline), Volume 2 Making Him Wait: Erotica on a canvas of bondage and discipline! Old School Discipline Focus For Winners: Self-Discipline Techniques to Increase Willpower, End Procrastination, And Master Your Time ADHD & The Focused Mind: A Guide to Giving Your ADHD Child Focus, Discipline & Self-Confidence D.R.U.M.: Discipline, Respect, and Unity Through Music Habits! 21 Powerful Simple Mini Habits to Boost Your Mind, Hack Your Productivity and Achieve Success in Life (Healthy Living eBooks, Self Control and

Discipline,) Stretch and Pray: A Daily Discipline for Physical and Spiritual Wellness How to Build Self-Discipline: Resist Temptations and Reach Your Long-Term Goals

Contact Us

DMCA

Privacy

FAQ & Help