

Integrating Polarity Therapy & Dentistry

By Margaret Jones, DDS

I originally decided to take a Polarity Therapy course because of the benefits I experienced from receiving personal sessions, and was admittedly intrigued by the “invisible”. Partway through my Level 1 training and practice, I came to realize that Polarity might also be useful in my dental practice.

With 32 years experience in dentistry, I claim treatment to be very visible and success to be obvious and measurable. This does not always appear so evident in Polarity though.

To begin to incorporate Polarity Therapy into my practice, I started with Brain Gym on a few hyper, young patients, aged four to eight years, who wouldn't settle down for their anesthetic injection, filling or extraction. I had them stand up and do cross-crawls and hookups, lie back down and then cross their legs. In every case they instantly appeared calmer, although still not necessarily perfect patients. Interestingly, I have noticed since, how many people actually cross their legs in the dental chair naturally.

I then used the tendon guard reflex on a few very nervous adult patients and also witnessed them relax. The skeptics wouldn't always admit that they felt less stressed, but my assistant noticed and is a believer now.

The Monday after I completed my third Polarity Craniosacral training weekend, it happened that two patients with severe TMJ problems presented themselves in my office. What a coincidence! I referred the first patient to an osteopath (which I somewhat regret now). The second patient was a longstanding client of mine, who, having just left an oral surgeon with virtually no diagnosis and no treatment, was willing to give me a try. After Polarity Cranial work, the client experienced immediate, albeit not total, relief of some symptoms, which included pain from opening their jaw and from the mandible constantly locking out of position. After just three sessions, in conjunction with their chiropractor, the client's jaw was more comfortable. As well, every time I did a TMJ release they became instantly aware of the movement. I was amazed and thrilled. The client has now been symptom free for 6 months!

Using a combination of Polarity and Craniosacral work has proven useful in my dental practice for the relaxation of nervous and/or agitated children and adults and for the treatment of TMJ and myofascial pain disorders.

Before initiating a significant bite adjustment or fabrication of an occlusal splint for tooth grinding, I will now facilitate a TMJ release. I do find it challenging though, to schedule Polarity into my dental appointments since getting behind schedule is not a good idea!

I am sure that Polarity Therapy, in all of its forms, is used in Dentistry. This has been my exciting experience so far.

Margaret Jones Fidler, DDS, has been a general dentist in private practice in Oshawa-Whitby since 1970 and is currently taking the level 2 Polarity Course