



DENTISTRY'S
OPTIMAL
MODEL



Centric Contacts

Simplifying Occlusion Through the Study of Optimal Nature

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If you have ever been involved in any occlusal course, you are very well aware that everyone has an opinion as to where the correct centric contact points need to be and how many are required. Is it a tripod? how many are necessary per tooth? Is group function the correct design? how about canine guidance? these thoughts though well intended simply show the lack of understanding a model of dental health or in other words, nature's optimal model. After studying the human masticatory for nearly the past two decades, I can say unequivocally that these for-mentioned ideas are human interpretation but not what optimal health shows us. I think that you will agree that there is very little room for doubt once you have witnessed what a health model of dentistry looks like. I will be offering the only online continuing education program that understands and teaches utilizing a model of optimal dental health. Shouldn't we all ask why isn't this the norm? Why do our dental schools teach from a model of pathology and reactive dentistry instead of a model of health and proactive dentistry? why only focus on a single tooth when you can focus on the system that is the cause of the failing dentition.



***“What we teach is not coming from a design created by humans,
but a design that has been created in its highest form for humans”***

Daniel O’Rourke

I hope that you will begin to see and understand that studying optimal dental health makes all the sense in the world, and it’s the best way to set yourself apart from the masses. It truly is the finest dentistry you can offer your patients. In the photographs above you will see nature's centric contacts. The blue marks indicate a class one relationship and the red marks indicate a class two relationship. Witness how the class two relationship contacts will be more distal do to the skeletal discrepancy There are a total of twenty-two contact points in an optimal inter arch relationship. If you remember one thing, I would suggest the pearl in this white paper is to remember the MUDL rule mesial of upper and distal of lower.



If you look closely you will see that each of the maxillary blue (class one) are slightly on the mesial side of a convexity. Conversely the blue (class one) contacts on the lower are just slightly on the distal side of a convexity as seen in the photographs above. Contacts in optimal nature are always on a convexity not a concavity.

If you take this picture and memorize it you can begin to implement the optimal dental model in your practice immediately whether it be adjusting a crown or making a temporary. The contact point may not always be in the ideal position, but more importantly is that it is on the right side of the convexity.



Above photographs reveal the proper contacts for the anterior teeth. A total of eight contacts make up the anterior relationship with one each on the upper canines and laterals and two on the upper centrals. On the lower the contacts sit on the labial incisal edge and have one contact on the canines and centrals and two contacts on the laterals.

One might ask themselves how is it possible to take what we see in the model of dental health and deliver it to the patient? Having the understanding and ability to deliver this phenomenal dentistry is life changing. Below you can see how successfully creating contacts that mimic the optimal dental model is possible. I will be teaching a very systematic approach to “Dentistry Optimal Model of Health” that allows incredible success for you.





Above is the completed case. Even the untrained eye can detect the beautiful form and the function that has been restored for this patient. This case was completed utilizing minimally invasive techniques, with no natural tooth structure being cut. This was successfully completed over two years ago with composite resin and the patient reports feeling better than they have in years with no headaches, TMJ pain and because we stabilized the condyles before treatment the patient shows no signs of wear.



Remember, studying the dental model of health is the key to understanding how a healthy chewing system operates. I hope you will continue on this journey and be the very best you can be for yourself and for your patients.

“Study nature, love nature, stay close to nature. It will never fail you”
Frank Lloyd Wright