

# Somatosensory Training Versus Exercise Therapy in Awake Bruxism

NCT07336082

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<b>Status</b>	RECRUITING
<b>Phase</b>	Not Applicable
<b>Sponsor</b>	Aydin Adnan Menderes University
<b>Enrollment</b>	20 participants

## Key Eligibility Criteria

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### Inclusion (8)

- Adults aged 18 to 45 years
  - Clinical diagnosis of awake bruxism confirmed using standardized diagnostic criteria (STAB and DC/TMD Axis I)
  - Presence of at least one measurable somatosensory alteration confirmed at baseline using digital and clinical assessments
  - Self-reported daytime jaw clenching or parafunctional activity
  - Baseline orofacial pain intensity of e5/10 on a Visual Analog Scale (VAS)
- ... and 3 more (see full listing online)

### Exclusion (6)

- GCPS Grade IV (high disability level)
  - Presence of systemic inflammatory, neurological, or rheumatological disorders
  - Diagnosis of severe chronic pain conditions unrelated to bruxism
  - Use of occlusal splints or participation in jaw, neck, or facial therapy within the past 3 months
  - Psychiatric disorders or cognitive impairment that could interfere with study participation
- ... and 1 more (see full listing online)

## Locations (2 total)

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Aydin Adnan Menderes University, Faculty of Health Sciences, Physiotherapy and Rehabilitation Unit, Aydin, Turkey (Türkiye)  
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