

# Occlusal Equilibration vs. Sham Therapies for TMDs: Post-Trial Follow-up (OEST)

NCT07445516

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**Status** RECRUITING  
**Sponsor** Urbano Santana Penin  
**Enrollment** 110 participants

## Key Eligibility Criteria

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### Inclusion (7)

- Previous occlusal equilibration for TMD pain at the University of Santiago.
- Be diagnosed with joint and/or muscle TMD pain according to DC/TMD.
- Be aged 18-85 years.
- Be completely dentate with normal or adequately restored occlusion (fixed crowns/bridges allowed).
- Report pretreatment significant TMD pain (VAS/NRS 4-9 on a 0-10 scale).
- ... and 2 more (see full listing online)

### Exclusion (8)

- Psychosis, major depression, substance abuse, or cognitive impairment.
- Opioid (morphine-derivative) addiction.
- Ongoing litigation or disability claims related to chronic pain.
- Dental professional background.
- Orthodontic treatment within the last 2 years.
- ... and 3 more (see full listing online)

## Locations (2 total)

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Universidad de Santiago de Compostela, Santiago de Compostela, A Coruña, Spain  
Urbano Santana Penín, Santiago de Compostela, A Coruña, Spain