

## **PPM Mouthguard: Promoting Sports Excellence In Chicago And Lake County Illinois And Kenosha County**

*The mouth guard was once thought to just be a protection for the athlete. Neuromuscular Dentistry and the PPM Mouthguard have been shown by a Rutgers study to increase flexibility, balance, strength and maximum output.*

**Nov. 7, 2009 - [PRLog](#)** -- The Art and Science of Neuromuscular Dentistry is now combining with mouth guards to create an exciting new dimension to sports and optimizing athlete's performance. Dr Anil Makkar is a Neuromuscular Dentist whose company produces the PPM Mouthguard that is allowing athletes to put their skills into hyper-drive. It has been called the non-steroid performance enhancer.

There is a new excitement about PPM Mouthguards after being discussed on ESPN Monday's Night Football. The New Orleans Saints believe that they play better due to these Neuromuscular PPM Mouthguards. Several Chicago Bears players have been utilizing these mouth guards including Danieal Manning, Tommie Harris and Jamar Williams.

The Mouthguards are pricey, \$2000 for the professional model and \$1200 for the amateur model. There are different versions of mouth guards for contact and non-contact sports. Gurnee dentists Dr Ira L Shapira and Dr Mark J Amidei are firm believers in the PPM Mouthguard and in the art and science of Neuromuscular Dentistry. These Gurnee dentists have more Neuromuscular Dentistry experience between them in their practice that exceeds that of any other Illinois practice in Illinois and possibly throughout the country.

Delany Dental Care is celebrating 25 years of practicing Neuromuscular Dentistry in Lake County. Dr Amidei joined the practice 20 years ago and immediately began learning how to use neuromuscular dentistry to change lives.

Both doctors expect that Amateur and Professional Golfers will be the largest major market for PPM Mouthguards because of the value of just a slight advantage means in games. One or two strokes in a round of golf is huge. Golfers who will spend thousands of dollars on clubs to improve their game are salivating at a chance of improving their body's performance.

[http://www.delanydentalcare.com/pure\\_power\\_mouthguard.html](http://www.delanydentalcare.com/pure_power_mouthguard.html)

High school and college athletes are natural candidates for these mouth guards but most will probably find them out of their price range. The PPM company has released a less expensive entry level appliance that is also expected to improve performance and at \$595 it is expected to compete with less expensive mouthguards that are trying to join in the PPM sports revolution. Dr Shapira expects users to see improvements but firmly believes the Neuromuscular version will prove far superior.

Dr Ira L Shapira has been treating patients with Neuromuscular orthotics for the treatment of chronic pain, Migraines, Tension-type Headaches, Chronic Daily Headaches, TMJ disorders (TMD) as well as sports enhancement for over 25 years. This nationally known expert in Neuromuscular Dentistry applauds Dr Anil Makkar for bringing Neuromuscular Dentistry to the forefront of sports. His partner Dr Amidei believes wholeheartedly that these drug free performance enhancers that work by idealization of posture, physiology, functional neuroanatomy and neurophysiology will forever change sports. Dr Amidei expects body builders, weight lifters and martial arts enthusiasts to be major adapters of this incredible technology. Prior to Dr Anil Makkar researching the effect of increased vertical dimension on performance Dr Shapira had always idealized the Neuromuscular position of the mandible for sports enhancement to the healthiest physiological point for normal function. Dr Makar has shown that the healthiest position for jaw function is different than appliances built for increased sports performance. Both jaw positions are still on the

Neuromuscular Trajectory described by Dr Barney Jankelson, the father of Neuromuscular Dentistry.

The results of a year long study by a team of Rutgers University researchers support the claims of the Pure Power Mouthguard (PPM)

According to the team of researchers, the device significantly improves vertical jump and peak power performance for today's professional, collegiate or amateur athletes. Manny Ramirez, LA Dodgers, Shaq O'Neil, Phoenix Suns, Josh Brown, St. Louis Rams, Michael Turner, Atlanta Falcons, Scott McCarron, PGA and Steve Elkington, PGA are among the sports stars utilizing this high-tech device since it was launched only two years ago. The unbeaten New Orleans Saints believe the PPM Mouthguards are responsible for enhancing their performance in this incredible season.

When the researchers at Rutgers put the appliance to the test with a number of athletes they chose to use a blinded, crossover study.

The randomly selected subjects were all fitted with a PPM. Dr. Shawn M. Arent led the research team that examined the effects of the PPM and another custom-fit mouth guard on muscular endurance and anaerobic power. The subjects took part in three performance tests: vertical jump, bench press for a load equal to the bodyweight for maximum repetitions, and a 30s Wingate Anaerobic Test (measures peak power output). The studies results were that subjects utilizing the PPM noticed an immediate "significant improvement" in vertical jump and peak power. The study concluded that the Neuromuscular Dentistry mouth guards appear to enhance power output and performance in explosive, short duration bouts of exercise. They concluded that the PPM definitely has practical value for athletes in power sports.

Dr Ira Shapira utilized Neuromuscular Dentistry as a visiting Assistant Professor at Rush Medical School in the early 1980's while studying the jaw relations of sleep apnea patients to patients suffering from TMJ disorders. He has been a leading proponent of Neuromuscular Dentistry for years and trained with Dr Barney Jankelson the father of Neuromuscular Dentistry. Dr Amidei and Dr Shapira both have taken extensive continuing education at LVI, the Las Vegas Institute. LVI founder Dr Bill Dickerson shocked the world of cosmetic and reconstructive dentistry when he embraced Neuromuscular Dentistry. Cosmetic Dentistry without healthy physiology did not make sense to Dr Dickerson who recruited Dr Norman Thomas to head research at LVI. Dr Thomas is considered by most Neuromuscular Dentists to be the world's leading expert on anatomy, and physiology as it relates to Neuromuscular Dentistry. LVI is probably the only place in the U.S. that has more concentrated experience in Neuromuscular Dentistry.

Dr Shapira recently wrote an article on Neuromuscular Dentistry for the American Equilibration Society (AES) journal contact. It has been republished in Sleep and Health Journal and is available online at <http://www.sleepandhealth.com/neuromuscular-dentistry>

The article describes the science of Neuromuscular Dentistry and how it affects the posture throughout the body as well as more obvious connections to the jaws, teeth, jaw muscles and the Trigeminal Nervous System. Dr Shapira is quick to point out that well sports enhancement can be impressive the truly exciting aspects of Neuromuscular Dentistry is in treating TMJ disorders, Migraines, Chronic Daily Headaches, Neck Pain, Sinus Pain, facial pain and numerous other disorders. "SUFFER NO MORE: DEALING WITH THE GREAT IMPOSTER" is a must read for patients with TMJ disorders or suffering from chronic pain. <http://www.sleepandhealth.com/story/suffer-no-more-dealin...> The same aspects of Neuromuscular Dentistry that increase strength flexibility and stamina in athletes can cure and/or alleviate chronic problems in patients.

Dr Shapira's research at Rush in the 1980's has been confirmed by the National Heart Lung and Blood Institute (NHLBI) of the NIH in their report "CARDIOVASCULAR AND SLEEP-RELATED

## CONSEQUENCES OF TEMPOROMANDIBULAR DISORDERS"

[http://www.nhlbi.nih.gov/meetings/workshops/tmj\\_wksp.pdf](http://www.nhlbi.nih.gov/meetings/workshops/tmj_wksp.pdf) There is a wide spectrum of health related to the field of Neuromuscular Dentistry that includes sleep apnea and death (ie Reggie White) to enhancing maximal performance. In between is a wide range of chronic disorders that can be improved by Neuromuscular Dentistry correction of physiology and posture.

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Delany Dental Care is celebrating 25 years of serving Lake County residents. Dr Shapira and Dr Amidei are licensed general dentists who love changing lives through Neuromuscular Dentistry, Dental Implants, Cosmetic Dentistry and treating headache, sleep apnea and TMJ disorders. They are the only Lake County dentists utilizing Neuromuscular Dentistry to make PPM Mouthguards. information on sleep apnea, sleep apnea treatment and cpap alternatives are available from I HATE CPAP LLC at [www.ihatecpap.com](http://www.ihatecpap.com) This is the premiere site for the promotion of Dental Sleep Medicine and Sleep Apnea Dentisits that was founded by Dr Shapira who also founded I HATE HEADACHES LLC and the [www.ihateheadaches.org](http://www.ihateheadaches.org) website that explains how Neuromuscular Dentistry is vital for treating many headache patients with a wide variety of headache types.

Skokie, Schaumburg, Chicago, Bannockburn and Vernon Hills are where doctor Shapira treats sleep apnea and PPM. <http://www.chicagoland.ihatecpap.com/>

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