Learning Objectives
After completion of this exercise, the participant will be able to:
1. Discuss the clinical principles of the Alexander Discipline.
2. Apply midpalatal skeletal anchorage to accomplish various tooth movements.
3. Fabricate a simple spring for canine extrusion in all three planes of space.
4. Compare the relative efficiency of four packaging and sterilizer options in the sterilization of orthodontic pliers.

Article 1
Alexander, R.G. and Sinclair, P.M.: Master Clinician R.G. “Wick” Alexander, DDS, MSD (pp. 329-343)
1. Dr. Alexander believes the ideal finished case should demonstrate:
   a) IMPA within 1° of the original position in most nonextraction patients
   b) mandibular lateral incisors nearly parallel to the canines
   c) mandibular intercanine width within 3mm of the original positions
   d) both a and b
2. In Dr. Alexander’s opinion, the most critical factor when diagnosing a case is:
   a) arch-length discrepancy
   b) posterior occlusion
   c) overbite and overjet
   d) potential growth
3. The four angles of the Tetragon Plus cephalometric analysis include all of the following except:
   a) SN-MP
   b) U1-SN
   c) SNB
   d) IMPA

4. An important tenet of Dr. Alexander’s treatment-planning philosophy is to focus on the:
   a) maxillary anterior teeth
   b) mandibular anterior teeth
   c) upper and lower canines
   d) upper and lower first molars

Article 2
Hong, R.K.; Lim, S.M.; Heo, J.M.; and Baek, S.H.: Lingual Applications of the Midpalatal Absolute Anchorage System (pp. 344-353)
5. In the midpalatal absolute anchorage system, the SMS miniscrew is implanted:
   a) within 3mm of the midpalatal suture
   b) where the midpalatal raphe intersects a line between the upper first premolars
   c) where the midpalatal raphe intersects a line between the upper second premolars
   d) where the midpalatal raphe intersects a line between the upper first molars
6. Before a maxillary impression is taken, an indicator wire is inserted in the miniscrew head:
   a) to keep the miniscrew from moving during the impression
   b) to transfer the correct orientation of the miniscrew head’s cross-slots to the model
   c) to ensure precise positioning of the miniscrew analog in the impression
   d) both b and c
7. Palatal bone density tends to decrease:
   a) laterally and anteriorly
b) laterally and posteriorly

c) within 3mm of the midpalatal suture

d) in the paramedian areas

8. Advantages of skeletal anchorage placement in the midpalate include all of the following except:
   a) the thickest palatal bone is in the midpalate
   b) the palatal mucosa is uniformly 1mm thick
   c) there are few blood vessels or nerves in the median and paramedian areas
   d) there are no dental roots to be avoided in the midpalate

Article 3

Katiyar, R.; Singh, G.P.; and Tandon, P.: A Cantilever Spring for Alignment of Buccally Impacted Canines (pp. 354-355)

9. This cantilever spring addresses all of the following factors related to buccally impacted canines except:
   a) canine rotation and torque control
   b) adjacent root proximity
   c) vertical and distal positioning of the canine
   d) anchorage control

10. The spring’s closing loop mesial to the first molar produces:
   a) distal retraction of the canine
   b) labial movement of the canine
   c) lingual movement of the canine
   d) occlusal movement of the canine

11. The spring is anchored in the buccal segment using:
   a) the first-molar auxiliary tube
   b) a segmental wire joining the first and second premolars
   c) a segmental wire joining the second premolar and first molar
   d) a segmental wire joining the first and second molars

12. If additional anchorage is needed, the authors recommend:
   a) placing a buccal miniscrew between the second premolar and first molar
   b) including the second molar in the anchorage unit
   c) using a transpalatal arch
   d) either b or c

Article 4

Kyritsis, G.: A Comparison of Four Methods for Sterilizing Orthodontic Pliers (pp. 361-364)

13. CDC guidelines for sterilization recommend that hinged instruments such as orthodontic pliers:
   a) should be packaged in separate pouches
   b) should be processed in an open position
   c) should be monitored by a Class 5 chemical indicator in each package
   d) both b and c

14. Advantages of the V-shaped sterilization pouches over the double-decker cassette system include:
   a) shorter packaging times
   b) shorter drying times
   c) less reprocessing of unused instruments
   d) all of the above

15. The author’s study reported the shortest processing time per instrument using:
   a) the large-capacity sterilizer and V-shaped pouches
   b) the rapid-cycle sterilizer and V-shaped pouches
   c) the large-capacity sterilizer and cassettes
   d) the rapid-cycle sterilizer and cassettes

16. This study suggests that processing time per instrument is most affected by the:
   a) sterilizer capacity
   b) sterilization time
   c) drying time
   d) packaging method