

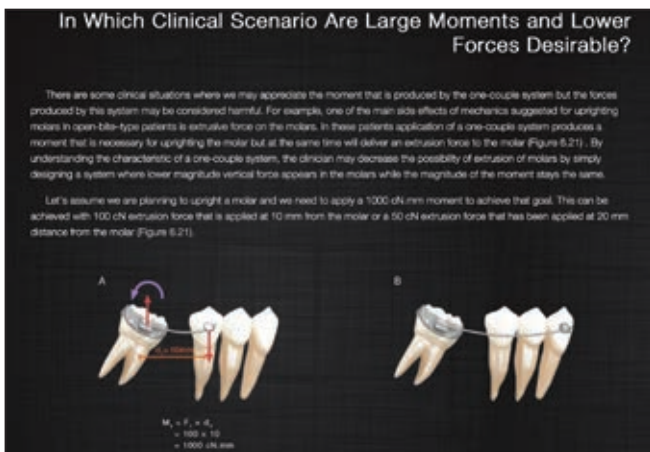
BOOK REVIEWS

Mechanotherapy in Orthodontics Volume 1: Basic Biomechanics

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CRISTINA TEIXEIRA, DMD, MS, PHD

Electronic book app (iOS 7.0 or later). \$189.99. 2014.

CTOR Press LLC, Consortium for Translational Orthodontic Research, New York University College of Dentistry, 345 E. 24th St., Eighth Floor, New York, NY 10010. www.orthodonticscientist.org.



Bio mechanics, the foundation for sound and predictable tooth movement, has been taught in textbooks, classrooms, and orthodontic journals. The principles of mechanotherapy are intended to produce efficient tooth movement with a minimum of adverse reciprocal forces or deleterious effects to the periodontium and the teeth themselves. The importance of biomechanics to clinical orthodontics is incontrovertible. Unfortunately, because it has been perceived as a dry and tedious subject, it does

not hold the interest of many clinical orthodontists.

Mechanotherapy in Orthodontics promises to change all that with its enjoyable, easy-to-understand, and interactive coverage of the topic. Drs. Alikhani and Teixeira, both Associate Professors in the New York University Department of Orthodontics, have written the text and transformed it into an app that can be downloaded to an iPad by searching the iTunes store, using keywords “CTOR” or “Mechanotherapy”. More than an e-book, the

app is beautifully illustrated and animated, enabling the clinician to initiate many of the tooth movements described.

Volume 1 comprises eight chapters covering forces and moments, couples, types of tooth movement, couple-to-force ratio, equilibrium, one- and two-couple systems, and more. Each chapter is followed by review questions, a summary, and recommended reading. After finishing this brilliantly modern application, the user will be eagerly awaiting volume 2 (mechanotherapy and orthopedic therapy) and volume 3 (advanced orthodontic concepts, temporary anchorage, and accelerated tooth movement).

No orthodontic educator or department, resident, or clinician will want to go without this much-needed textbook app.

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