Post Graduate Certificate In Orthodontics Year Course Programme
(ALL DAYS INCLUDE COMPREHENSIVE HANDS ON PRACTICALS)

Day 1

1) Introduction to Cephtactics, History of Orthodontics
2) Growth and Development
3) Bone Biology and Tooth Movement
4) Occlusion and 3D Mapping*
5) Lingual Anatomy*
6) Examination and Diagnoses
7) Cephalometry and 3D Cephalometrics*
8) Photography
9) Genetics* and the Future of Orthodontics*

Aims – Prepare the clinician to be able to diagnose the orthodontic patient and prepare a precise problem list, note the risks, and attain consistent records and photographic evidence.

Objectives – Understand the basics of growth and development; review the anatomy of the oral cavity including that to prepare for Lingual Orthodontics. Understand the fundamentals of Cephalometry and further understand 3D Cephalometry. Understand the basic Examination of the orthodontic patient and a review of Bone Biology and Tooth movement.

Day 2

1) Aetiology of Malocclusions
2) Case Selection and Indices
3) Treatment Planning
4) Royal London Space Analysis
5) Digital Treatment Planning*
6) Treatment Simulations*
7) Conventional Treatment Planning Software reviews*

Aims – Be able to treatment plan an orthodontic patient and understand why malocclusions exist. Be able to use digital technology in treatment planning procedures.

Objectives – Understand the basics of treatment planning and space analyses. Understand the causes of common malocclusions; follow careful case selection procedures and understand common indices used in orthodontics. Review a step-by-step treatment planning protocol.

Day 3

1) Alloys & Metals
2) Wire Work Techniques
3) Brackets
4) Elastics and Auxiliaries
5) Self Ligation
6) Damon Technique*
7) Lingual Arch Forms*
8) Setting up an Orthodontic Practice

Aims – Prepare the clinicians to understand the development and uses of different materials and devices in orthodontics and their application.

Objectives – Understand the basics of metallurgy and wires; bracket development and adhesives commonly used as well as the advances in orthodontic resources. Students should also understand the basics of wirework both in Labial as well as Lingual techniques. Students will be given an opportunity to learn about various equipment purchases, which need to be made.

Day 4

1) Interceptive Orthodontics
2) Current Guidelines
3) Bonding Up (Conventional)
4) Removable Appliances
5) Aligners*
6) INSIGNIA*
7) Lingual Bond Up*
8) When to refer and scope and limitations

Aims – Students should be able to initiate simple orthodontic procedures using both fixed as well as removable appliances including aligners and be able to choose between each.

Objectives – Ensure the clinician understands the basics of Interceptive Orthodontics, scrutinise the current Guidelines in place from the NICE, RCS and Cochrane Groups. Be able to use removable appliances as well as how to manipulate them. Know the limitations of aligner therapies. Understand the way in which INSIGNIA system works and how to use it to its best effect. Be able to bond both labial brackets as well as lingual correctly.

Day 5

1) Crowding
2) Extractions
3) Typodont Activity
4) Class I Malocclusion
5) Arch Coordination
6) Class I Sectional Mechanics*
7) Lingual Mechanics*

Aims – Ensure the clinician understands the basics of a Class I malocclusion and its treatment.

Objectives – Understand the causes of Class I malocclusions and their treatment; know the basics of crowding alleviation as well as extraction protocols. Be able to
formulate correct arch forms, devise sectional appliances and understand the limitations of lingual mechanics.

**Day 6**

1) Class II div 1  
2) Class II div 2  
3) Functionals  
4) Fixed Functionals*  
5) Camouflage Techniques  
6) Class II Sectional Mechanics*  

**Aims** – Ensure the clinician understands the basics of a Class II malocclusion and their treatment.

**Objectives** – Understand the causes of Class II malocclusions and their treatment; know the causes and the difficulties and limitations of conventional orthodontics. Be able to consider use of functional appliances and their limitations. Students should be able to use more advanced techniques in Class II mechanics including sectional mechanics.

**Day 7**

1) Growth Prediction  
2) Class III  
3) Open Bites  
4) Transverse Techniques  
5) Surgical Orthognathic Treatment  
6) Camouflage Techniques*  
7) Class III Sectional Techniques*  

**Aims** – Students should be able to appreciate the complexity and cause of the Class III malocclusion as well as treatment options and stability effects.

**Objectives** – Understand the causes of Class II malocclusions and their treatment; know the causes and the difficulties and limitations of conventional orthodontics. Be able to consider and understand the various appliances to enhance maxillary growth and/or restrict the mandibular growth pattern. Appreciate the difficulties in vertical and transverse discrepancies and consider their treatment options.

**Day 8**

1) CBCT a concise evaluation*  
2) Impactions  
3) Supernumeries and Hypodontia  
4) Exposure Techniques  
5) Window Exposure Technique*  
6) Mechanics and Problems*  

**Aims** – Understand how to fully use the CBCT in cases of impacted teeth. Understand the methods to treat in a multidisciplinary arena.
Objectives – Know the various techniques used in impacted, supernumery and missing teeth, incidences as well as decision-making protocols. Easy simple exposure techniques are also discussed. Students should be able to understand the complexities in mechanics.

**Day 9**

1) Finishing and Detailing  
2) Debonding  
3) Stability and Relapse  
4) Troubleshooting*  
5) Retention  
6) Fixed Retainer Technique  
7) In house Essix Techniques*  
8) In house Aligners*  

Aims – Understand the physiology, limitations of stability; the background to relapse and the various ways to enhance retention post orthodontics.

Objectives – Understand the physiologic component of stability and relapse in both the short and long term. Know the main risk factors in high relapse rates and how to ensure stability. Know the various techniques used in enhancing relapse. The simple techniques on how to place fixed retainers.

**Day 10**

1) TADS*  
2) Lingual Overview*  
3) Psychology*  
4) TMD, Airway and Breathing  
5) Digital Techniques*  
6) Imaging Advances*  
7) Memberships and Examinations*  
8) Us at Cephtactics and our developments*  

Aims – Know the complex nature and background of TMD, airway and breathing. Understand the components of aesthetics in orthodontics and the psychological element.

Objectives – Understand the physiology of the TMJ. Know the various symptoms and treatment aspects of TMD and its complex nature. Understand airway physiology and how orthodontics can affect the breathing. Understand the complex nature of aesthetics and the importance of involving the patient early as well as review basic dental psychology and its importance in orthodontics. Know the contemporary advances in orthodontics, uses as well as limitations. Be aware of lingual braces, their limitations and overview on their techniques.

*/* - Not taught on Conventional Orthodontic Specialist Programs  
**RED** – New to July 2018 Course  
Please note all sessions include comprehensive and relevant **Hands On Practicals**

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