

Summary:

The *Walking Forward* Technique

to Close Posterior Open Interproximal Spaces

by Rod Kurthy, D.M.D.

- ☑ Check occlusion with articulating paper in both:
 - Centric occlusion
 - All excursions
- ☑ Remove ALL occlusal marks on the distal half of the tooth.
- ☑ On the mesial half of the tooth:
 - Remove ALL marks on mesial cuspal inclines
 - Leave all marks on:
 - Distal cuspal inclines
 - Marginal ridge (most important if possible)
If you do not have a good marking on the mesial marginal ridge, attempt to create one. It's best to create one with composite (bonding to natural tooth structure – or – bonding to porcelain – or – bonding to metal). OR you may add composite to the cusp of the opposing tooth hitting the marginal ridge.
- ☑ Re-check these Walking Forward cases every three weeks, and adjust the occlusion as stated above, until the space is closed tightly.
- ☑ When a tight contact is achieved, confirm the articulating marks are as discussed above. This will ensure a continued tight interproximal contact.
- ☑ When placing any new restoration (composite, onlay, crown, etc.), follow the above instructions to ensure the tooth will not drift distally.

The tooth does not bodily move mesially. Instead, it tilts. As it tilts mesially, the distal half of the tooth moves occlusally (comes up). When this happens, an occlusal stop occurs on the distal half of the tooth, preventing any further movement. So at three week intervals, you should recheck and re-adjust the occlusion to allow continued mesial movement until a tight contact is achieved. This most commonly takes two adjustment visits to achieve a tight contact, plus a final adjustment visit to ensure stability.

When I do need to add composite to the mesial marginal ridge, I like to even have it very slightly 'high' enough that the patient can feel it very slightly. This causes even more rapid mesial movement.

What if you can't get occlusion on the mesial marginal ridge?

- Add composite to the mesial marginal ridge or the cusp on the opposing tooth to hit the marginal ridge.
- Most ideal to bond to natural enamel
- If no natural enamel is available on the marginal ridge or opposing tooth:
 - Bonding to composite resin restorations:
 - Treat existing composite resin you intend to bond to with Add & Bond by Parkell – this product is a MUST for every dental practice. It will allow you to add composite securely to temporaries (you can even add to the interproximal contact area), existing composite restorations that may be cracked and even dentures. Order at www.Parkell.com

- Bonding to porcelain
 - Clearfill Repair by Kuraray (probably your best choice)
 - Ultradent Porcelain Repair Kit
 - Porcelain Etchant by Bisco
 - PorceLock Porcelain Etchant by DenMat
 - PorcelEtch Porcelain Etchant Kit by Cosmedent
 - CEREC Ceramics Etch
- Bonding to gold/metal
 - Alloy Primer by Kuraray (probably your best choice)
 - Metalprimer II by GC
 - Meta Fast Bonding Liner by Sun Medical Co.

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