

Trainers are very effective in the period from 6-8 years of age during the first mixed dentition to prevent the deep bite, the huge over-jet and/or to reduce the functional open bite!

Methenitou et al ;J Pedod, 1990 Summer;14(4):219-230

Keski –Nisula et al; AJOMandibular and maxillary growth after changed mode of breathing

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