

# MEDICINE: IN BRIEF

## Clinic profile



### ORTHODONTIST AND EXPERT IN JAW JOINT DYSFUNCTION, DR PATRICK GROSSMANN

Dr Patrick Grossmann is an orthodontic specialist and has been in practice in Lister House, Wimpole Street for more than 25 years. "During that time I've treated both young children and adults, straightening teeth for both cosmetic and functional reasons," he says.

Dr Grossmann received his dentistry degree in 1974 from University College Hospital Dental School, following which he received his Diploma of Orthodontics in 1978. In the same year he was awarded a scholarship to continue his studies at the University of Freiburg in Germany. In 1980 Dr Grossmann entered private practice and also took up an appointment as senior dental officer in orthodontics for the South London Area Health Authority, a position he held for 15 years. At this time he was also employed by the Middlesex Hospital in their combined orthodontic/maxillo-facial clinic.

"Many of my skills were imparted to me by my late father who also practised in Marylebone for nearly 40 years and who headed the orthodontic department at University College," says Dr Grossmann. "The orthodontic techniques which my father pioneered enabled children to be successfully treated early on during active growth with simple so-called functional appliances, thus reducing the likelihood for the need of extraction of healthy permanent teeth later on."

In addition to his orthodontic practice, Dr Grossmann has over the past 20 years become increasingly interested in the relationship between the jaw joint/the bite and headaches. This led him to co-found a London based study club devoted to this topic.

He has had considerable success in treating patients with head, neck and facial pain, using a simple dental appliance designed to re-position the jaw joints. "Recent research from the United States shows that a significant proportion of patients presenting with headaches do indeed have an imbalance or instability of their jaw joints, and this is often the cause of these headaches," says Dr Grossmann. "Headaches and migraine as well as ear pain are never far from the health sections of our newspapers and magazines, but only recently has more attention been addressed to the link between these conditions and jaw joint dysfunction (TMD)."

Basic jaw joint function is determined by the ability to open our mouths the width of 3 fingers (2 inches). Opening and closing should be silent – with no joint noises such as popping, clicking or grating – and movement should be painless.

Dr Grossmann wishes to promote more awareness of this treatment method for what is commonly regarded as a medical condition. He has spent many years lecturing on this subject both here and abroad to non dental healthcare providers including neurologists, GPs, ENT specialists, physiotherapists, chiropractors and osteopaths. He is one of only a handful of UK trained dentists to regularly attend the bi-annual meeting of the American Academy of Craniofacial Pain – the largest organisation of its kind in the world.

Dr Grossmann continues to work with the charity AfriKids to provide dental education to children and adults in and around Bolgatanga in Ghana. "I support AfriKids' work and collaborate with their team to enhance dental provision for communities in Northern Ghana."

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