

# Ball Therapy for Linguoverted Teeth

Strong teeth and gums are essential for your dog's wellbeing, as good oral health prevents pain and infections and supports proper nutrition. For dogs with linguoverted teeth, ball therapy offers a fun, non-invasive way to improve dental health and happiness. Even if it's not successful, it has no negative side effects.

## Understanding ball therapy

Ball therapy is an intermittent orthodontic intervention. It involves using a firm rubber ball that the dog holds between their canines in the front of their mouth. The ball applies targeted force to move the teeth sideways, guiding them into a better position.

Unlike continuous force from human braces, this method uses intermittent pressure, which is especially effective during the eruption of teeth.

Think of it like sitting on a horse. You can't sit with your legs together; they naturally splay apart as you settle into the saddle. Similarly, the lower canines move sideways to go around the ball.

Ball therapy isn't suitable for all pets. It's not particularly useful for deciduous teeth or fully erupted permanent teeth.

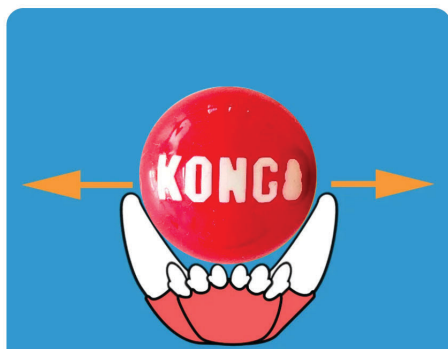
## About linguoverted teeth

Linguoverted mandibular canines are lower canines angled too far towards the tongue, causing trauma to the roof of the mouth.

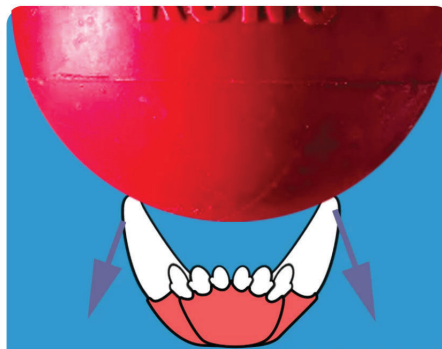
This misalignment, one of the most common orthodontic concerns in veterinary dentistry, can result in significant discomfort and lead to severe issues like oronasal fistulas, where a hole forms between the mouth and nasal cavity.

Treatment is tailored to the dog's age, underlying cause and tooth position.

Ball therapy is recommended for dogs with this condition, typically between four and a half and five and a half months old, to guide the teeth into a non-traumatic position.



This ball is too small.  
The forces it applies will not push the canines out.



This ball is too big!  
The forces it applies will push the canines down.



This ball is just right!  
The forces it applies will push the canines into a good position.

## Choosing the right ball

Choosing the right ball for ball therapy is crucial for safe and effective treatment. The ball should be made of dense rubber that is somewhat difficult to compress and has a smooth surface. It must adhere to the 'Goldilocks' principle—not too hard to avoid damaging teeth and not too squishy, like tennis balls, which offer minimal resistance.

For optimal effectiveness, choose a ball made from durable rubber, like those used in KONG™, and ensure it's about 50% wider than the space between the lower canines.

## Tips from our vets

- Sessions should last 15 minutes, three times daily
- Make them more enjoyable by adding peanut butter on or in the ball or encouraging playing fetch
- Enhance effectiveness with tug-of-war using a ball with a rope
- Have your dog evaluated first to rule out other treatments or underlying issues





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**Website:** [www.animaldental.com.au](http://www.animaldental.com.au)

**Phone:** 1300 228 377

**Email:** [info@animaldental.com.au](mailto:info@animaldental.com.au)

