

WHAT IS YOUR BITE FORCE ?

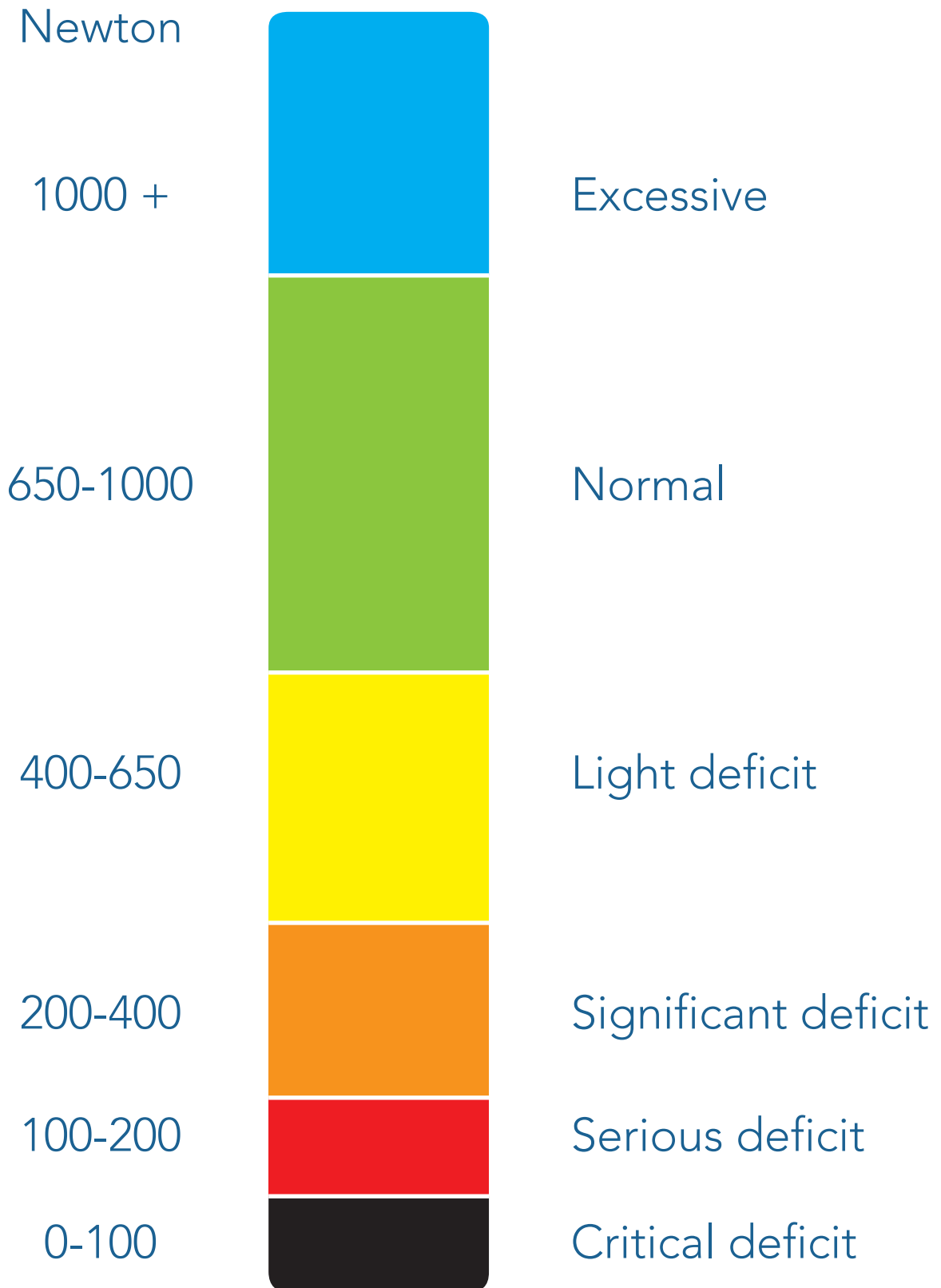


Very high

Very low



BITE FORCE REFERENCE VALUES



Explanation of each level

Excessive force¹

No dietary restrictions related to bite force.

Normal force²

No dietary restrictions related to bite force.

Slight deficit³

Difficulty or inability to chew certain foods; patient can maintain a healthy and balanced diet.

Significant deficit⁴

Inability to chew several foods that are needed to maintain a healthy diet. Health problems related to diet.

Serious deficit⁴

Chewing ability limited to foods with low resistance. Frequent health problems related to deficient diet leading to decreased quality of life.

Critical deficit⁴

Total inability to use prostheses to cut and chew foods. Serious impact on health and quality of life are striking.

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2. Hattori Y, Satoh C, Kunieda T, et al. Bite forces and their resultants during forceful intercuspal clenching in humans. *J Biomech* 2009; 42: 1533–1538.
3. Bakke M. Bite Force and Occlusion. *Semin Orthod* 2006; 12: 120–126.
4. Komiyama T, Ohi T, Miyoshi Y, et al. Verification of the criteria for reduced occlusal force to diagnose oral hypofunction in older Japanese people: A prospective cohort study on incident functional disability. *J Oral Rehabil* 2020; 47: 989–997.

