



Edition: 1st Edition 2008  
pages: 232  
Images: 1000  
Cover: Hardcover  
ISBN: 978-0-86715-467-2  
Stock No.: 16911  
Published: June 2008

#### Quintessenz Verlags-GmbH

 Ifenpfad 2-4  
12107 Berlin  
Germany

 +49 (0) 30 / 76180-5

 +49 (0) 30 / 76180-680

 [info@quintessenz.de](mailto:info@quintessenz.de)

 <https://www.quintessence-publishing.com/deu/de>

## Book information

**Authors:** R. G. "Wick" Alexander

**Title:** The 20 principles of the Alexander Discipline Volume 1

**Short text:**

Introduced in 1978, the Alexander Discipline represents a unique approach to orthodontic treatment; today, legions of clinicians around the world apply its 20 master principles in their practices. An outgrowth of the Tweed technique, these basic principles have been developed empirically over many years in the author's own practice. Complete records of patients treated by the author dating back 25 years are presented to demonstrate specific results and the stability of treatment. This book will be of strong interest to anyone involved in the study or practice of orthodontics.

**Contents**

- Chapter 01. Effort Equals Results
- Chapter 02. There Are No Little Things
- Chapter 03. The KISS Principle
- Chapter 04. Establish Goals for Stability
- Chapter 05. Plan Your Work, Then Work Your Plan
- Chapter 06. Use Brackets Designed for Specific Prescriptions
- Chapter 07. Build Treatment into Bracket Placement
- Chapter 08. Exploit Growth to Obtain Predictable Orthopedic Correction
- Chapter 09. Establish Ideal Arch Form
- Chapter 10. Follow a Logical Archwire Sequence
- Chapter 11. Consolidate Arches Early in Treatment
- Chapter 12. Ensure Complete Bracket Engagement and Maintain Consolidation
- Chapter 13. Let It Cook!
- Chapter 14. Level the Arches and Open the Bite with Reverse-Curve Archwires
- Chapter 15. Create Symmetry
- Chapter 16. Use Intraoral Elastics to Coordinate the Arches
- Chapter 17. Use Nonextraction Treatment Whenever Possible
- Chapter 18. Use Extraction Treatment Whenever Necessary
- Chapter 19. Careful Appliance Removal and Retention Will Improve Stability
- Chapter 20. Create Compliance

**Categories:** Orthodontics