The Lucia Jig will help obtain centric relation by de-programming muscles and allowing the condyles to seat in the most superior position.

**De-programming Muscles**

When posterior teeth are separated with the Lucia Jig, the pterygoid muscle is “shut-off.”

The temporalis and masseter muscles will contract and pull the condyle up and into the most superior position, which is centric relation.

**Using the Lucia Jig to Obtain Centric Bite**

A wide variety of material can be used to fit the Lucia Jig including acrylic, ACU-flow™, brown stick compound or light cure material.

**Prepare the surface of the jig as follows:**

*For use with acrylic compound:*

Paint curved surface of the jig with a small amount of monomer.

*For use with compound other than acrylic:*

Paint curved surface of the jig with a small amount of silicone adhesive.

1. Place compound material (in dough form) in curved portion of jig.

2. Place jig on upper centrals.

3. Using a Whale Tail, parallel flat portion of jig to lower incisors. The bottom of the jig will be parallel to the incisal edge of the lower anteriors.

4. Place articulating paper on the jig. Slide lower incisors forward and back several times making a mark on the jig each time.

5. If using wax for centric record, heat the wax and press it into the upper arch. Guide the patient into the most posterior mark on the jig and allow the wax to harden.

6. If using an injectable registration (ACU-flow™), simply have the patient move the lower incisors to the most posterior mark on the jig and hold that position while you inject the registration material and allow it to harden.

**Taking the Bite**

*Note: If temporo-mandibular joint pain occurs while using the Lucia Jig, remove it and find an alternate treatment position for the patient.*

When using a Lucia Jig, the jig is lined with acrylic or ACU-flow™ and placed on the upper anteriors. In some cases, the Lucia Jig can become angled and can distalize the condyles. In order to correct this, the Whale Tail can be utilized along with the Lucia Jig to level the occlusal plane.

Inserting the Whale Tail into the mouth, below the Lucia Jig with the widest part of the template positioned beneath the upper molar area does this. The Lucia Jig will be positioned above the narrow portion of the template. When the patient occludes, the template will provide a level plane. This will allow the muscles to seat the condyles into centric relation.

Once the final bite registration is complete, the Whale Tail can be cold sterilized.