**Critically Appraised Topic (CAT)**

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| **Project Team:** |
| **1A-3** |
| **Project Team Participants:** |
| **Josephine Tokarev**  **Amin Akeeb**  **Josephine Hayes-Birchler**  **Tristan Rostagno** |
| **Clinical Question:** |
| What is the effectiveness of occlusal guards in patients with myofascial pain? |
| **PICO Format:** |
| **P:** |
| **Patients with myofascial pain** |
| **I:** |
| **Splinting therapy** |
| **C:** |
| **Non splinting therapy** |
| **O:** |
| **Success rate** |
| **PICO Formatted Question:** |
| In patients with myofascial pain, does splinting therapy compared to nonsplinting therapy result in a higher success rate? |
| **Clinical Bottom Line:** |
| **Splinting therapy has a higher success rate** |
| **Date(s) of Search:** |
| **10/5/20** |
| **Database(s) Used:** |
| **Pubmed** |
| **Search Strategy/Keywords:** |
| **Myofascial pain and splinting therapy** |
| **MESH terms used:** |
| **Splinting therapy**  **Dental myofascial pain** |
| **Article(s) Cited:** |
| Al-Ani Z, Gray RJ, Davies SJ, Sloan P, Glenny AM. Stabilization splint therapy for the treatment of temporomandibular myofascial pain: a systematic review. J Dent Educ. 2005 Nov;69(11):1242-50. PMID: 16275687.  Dao TT, Lavigne GJ, Charbonneau A, Feine JS, Lund JP. The efficacy of oral splints in the treatment of myofascial pain of the jaw muscles: a controlled clinical trial. Pain. 1994 Jan;56(1):85-94. doi: 10.1016/0304-3959(94)90153-8. PMID: 8159444.  Greene CS, Laskin DM. Splint therapy for the myofascial pain--dysfunction (MPD) syndrome: a comparative study. J Am Dent Assoc. 1972 Mar;84(3):624-8. doi: 10.14219/jada.archive.1972.0090. PMID: 4500373. |
| **Study Design(s):** |
| **RCT & Systematic Review** |
| **Reason for Article Selection:** |
| **Strength**  **Prior citations** |
| **Article(s) Synopsis:** |
| Click here to enter text. |
| **Levels of Evidence:** (For Therapy/Prevention, Etiology/Harm)  See <http://www.cebm.net/index.aspx?o=1025>  **1a** – Clinical Practice Guideline, Meta-Analysis, Systematic Review of Randomized Control Trials (RCTs)  **1b** – Individual RCT  **2a** – Systematic Review of Cohort Studies  **2b** – Individual Cohort Study  **3** – Cross-sectional Studies, Ecologic Studies, “Outcomes” Research  **4a** – Systematic Review of Case Control Studies  **4b** – Individual Case Control Study  **5** – Case Series, Case Reports  **6** – Expert Opinion without explicit critical appraisal, Narrative Review  **7** – Animal Research  **8** – In Vitro Research |
| **Strength of Recommendation Taxonomy (SORT) For Guidelines and Systematic Reviews**  See article **J Evid Base Dent Pract 2007;147-150**  **A** – Consistent, good quality patient oriented evidence  **B** – Inconsistent or limited quality patient oriented evidence  **C** – Consensus, disease oriented evidence, usual practice, expert opinion, or case series for studies of diagnosis, treatment, prevention, or screening |
| **Conclusion(s):** |
| **There is insufficient evidence that splinting therapy vs. non splinting therapy would be beneficial for patients with myofascial pain.** |