

Dr. Mike Mew: Why are teeth crooked, why are we straightening them and why don't they stay straight?

What is Malocclusion?

A Malocclusion is a misalignment between the upper and lower teeth so that they do not fit together correctly when chewing or biting. This condition can be described crowded, crooked or protruding teeth and is also referred to as an 'irregular bite', 'crossbite', 'overjet', 'overbite' or 'underbite'.

What are the causes of Malocclusion?

It is generally assumed that the way that we grow is predetermined by our genes and that crooked teeth are genetic. But why is it then that, from fossils and skeletal remains, it is apparent that before modern civilisation the human race had near perfect teeth.

The occurrence of Malocclusion appears to have begun when the human race became more civilised, and their behaviours and the environment they lived in changed. None of the other 5,400 species of mammals on earth requires orthodontic treatment and the few remaining indigenous populations also have little or no need for orthodontics.

How does Orthotropics Treatment Work?

Orthotropic treatment aims to provide space in the mouth for all teeth, including the wisdom teeth. This is achieved by improving muscle tone, correcting facial posture and teaching correct swallowing patterns.

These three factors determine the direction of facial development. We use a variety of different removable appliances that help with expansion and correct posture. We also use Myofunctional training (exercises that teach correct swallowing and muscle function).

Dr Mike Mew



Lecturer and lead clinician at the London School of Facial Orthotropics. Dr Mike Mew lectures and teaches extensively around the world. His personal interest is in the growth and development of the face, and understanding the factors that influence it.

He has put forward the concept of Craniofacial Dystrophy to explain the cause of crooked teeth, sleep apnea, snoring and TMD. Suggesting that they are all symptoms of a single underlying problem. Dr Mike is focused on advancing the orthotropics concept to achieve significant morphing of the craniofacial skeleton to improve dental and general health. He is reputed to be currently gaining the best ever changes in facial form for growing children and non-growing adolescents, and has the aim to achieving similar changes in non-growing adults.

He feels that simple public health measures could minimize or eliminate these problems in young children. He is passionate around raising debate on these issues and working towards a cure for malocclusion, OAS and even Craniofacial Dystrophy.

Having engaged with social media Mikes ideas have gone viral with literally millions of people "Mewing" around the world. It is his aim to use this publicity to find likeminded people within dentistry, and other specialties push for open debate and find effective solutions.