

Fort Lauderdale Cosmetic Dentists Offer Revolutionary Sports Appliance



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Fort Lauderdale Cosmetic Dentists Offer Revolutionary Sports Appliance Cosmetic dentists at Smile South Florida Cosmetic Dentistry are now fitting patients for the Makkar PPM sports mouth guard which enhances sports performance.

[Lauderdale cosmetic dentist](#) Dr. Charles Nottingham and his team at Smile South Florida Cosmetic Dentistry have recently started offering the Makkar PPM sports appliance, a mouth guard which is specially fitted to each user and has been proven to enhance sports performance. Invented by Dr. Anil Makkar, each appliance is custom-designed and manufactured for each individual. The device aligns the athlete's head, neck and spine improving balance, range of motion, flexibility, endurance, and oxygen flow during athletic activities.

The appliance works on the principle that the muscles of the face, jaw and neck should be aligned to be most efficient and restful. Most people do not have that alignment naturally and the result can be headaches, neck strain, and cracked teeth. The benefits that users experience are the result of a more efficient neuromusculature, and enhanced oxygen flow through an increased airway. Most athletes see improvement in their performance immediately.

The [Makkar PPM](#) products are only available through trained dentists who are PPM-certified. Now the [cosmetic dentists](#) at Smile South Florida Cosmetic Dentistry are offering this mouth guard to their

patients. The dentists at Smile South Florida then examine their patients using advanced technology to see where the muscles and jaw should fall naturally. They take an impression and bite registration of the patient's mouth and send it to the manufacturer, which creates a customized mouth guard. The PPM mouth guard is a true game changer. No matter which sport, it gives its users an edge over the competition. The mouth guard is used and endorsed by a number of well-known athletes, including Shaquille O'Neal and Terrell Owens, who have their own Signature Series lines of the PPM device. Skier Bode Miller and golfers Scott McCarron and Mike Elkington also sing the appliance's praises. The New Orleans Saints recently became the first NFL team to get the PPM mouth guard for every athlete -- a purchase that may have played a role in the team's spectacular 2009 season.



"This really is a unique device," says Dr. Charles Nottingham, a [Miami cosmetic dentist](#) & [Fort Lauderdale dentist](#) at Smile South Florida. "It can be used by high school, college, amateur and professional athletes. Just about everyone who uses it sees immediate improvement in posture, balance, strength and endurance. It's particularly useful in sports with a lot of explosive moves such as tennis, hockey, and football, but athletes in most sports benefit from it."

About Smile South Florida Cosmetic Dentistry The cosmetic dentists at [Smile South Florida Cosmetic Dentistry](#) have offices in Broward County and West Palm Beach and provide Boca Raton Dentistry, Fort Lauderdale Dentistry and Miami Dentistry. They specialize in dental aesthetics including porcelain veneers, dental implants, extreme makeovers, Invisalign, and sedation dentistry.

To learn more about Smile South Florida, visit www.smilesouthflorida.com/. Or, call (954) 721-6950 to speak with a team member to learn more about Smile South Florida's free consultations.

About Nottingham Consulting Group, LLC Nottingham Consulting Group is a South Florida consulting firm specializing in business management, coaching, and marketing strategies. Nottingham

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