The use of cranial electromyography in athletes

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Abstract

Cranial electromyography (EMG) is an advanced diagnostic tool that provides valuable insights into the functioning of the stomatognathic system, which includes the jaws, teeth, and related musculature. This review explores the growing application of cranial EMG in sports medicine, particularly in athletes, focusing on its role in assessing neuromuscular balance and identifying underlying issues that may impact performance and overall musculoskeletal health. The stomatognathic system is critical in maintaining postural stability, coordination, and strength, which is essential for optimal athletic performance. This system's imbalance, such as misalignment of the bite or abnormal muscle activity, can lead to dysfunctions that compromise both posture and physical efficiency, potentially increasing the risk of injury. Surface electromyography (sEMG) offers a non-invasive and effective means of evaluating muscle activity, revealing asymmetry and dysfunction patterns often undetected through traditional clinical methods. Through its real-time monitoring of muscular activity, cranial EMG aids in diagnosing conditions such as temporomandibular joint (TMJ) disorders, muscle fatigue, and occlusal

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How to Cite
A. Palermo, G. Cazzato, I. Trilli, L. Ferrante, F. Sabatelli, I.R. Bordea, G.V.O.Fernandes, A.A.Shaaban, E. Xhajanka, L. Almasri, M. Alkassab, I.Amer, M. Almasri, F. Sampalmieri, F. Bambini, L. Memè.
The use of cranial electromyography in athletes.
Oral and Implantology
Vol. 16 No. 3 (S1) (2024), 506-521.
https://doi.org/10.11138/oi.v16i3 (S1).100

imbalances.
Additionally, it serves as a valuable tool for guiding therapeutic interventions, such as occlusal splints or physical rehabilitation exercises, tailored to an athlete's specific needs. The integration of cranial EMG with other diagnostic modalities and the development of portable EMG devices hold promise for expanding its accessibility and enhancing its role in clinical and athletic settings. Cranial EMG is a promising avenue for optimizing athletic performance, reducing injury risk, and promoting long-term health and recovery

Keywords: Cranial electromyography, Stomatognathic system, Neuromuscular balance, Athletes, Postural stability, Musculoskeletal disorders, Surface electromyography (sEMG), Occlusal splints, Muscle fatigue, Performance optimization

Introduction

Cranial electromyography (EMG) is a diagnostic technique with growing applications in sports medicine and clinical practice (1–9). Its primary utility is assessing the relationship between the stomatognathic system and the neuromuscular balance, contributing to diagnostics and treatment strategies (10–18). This review explores its applications, emphasizing athletes, and provides insights into its role in diagnosing and managing musculoskeletal and occlusal disorders (19–28). The stomatognathic system, which comprises the jaws, teeth, and associated musculature, plays a vital role in fundamental biological functions such as mastication, speech, and posture (29–38). It is a complex biomechanical network that requires precise coordination and balance to function optimally (39). Any dysfunction in this system can cascade into broader physiological issues, such as compromised postural stability, muscular strain, and systemic fatigue. These systemic effects are particularly critical in athletic populations, where the integration of posture, balance, and strength is vital for performance (40–51). In recent years, cranial EMG has emerged as a key tool in understanding and addressing these dysfunctions (52–58). EMG has revolutionized how clinicians approach diagnosing and managing craniomandibular disorders (41–51,59,60)by providing real-time data on muscular activity. This non-invasive technique allows for precise muscle activity and symmetry assessment, offering invaluable insights into the neuromuscular imbalances that may underline a range of clinical and performance-related issues.

Furthermore, the advent of portable and user-friendly EMG devices has expanded its accessibility, making it an increasingly integral part of clinical and sports science practices (59–68). Cranial EMG's utility extends beyond mere diagnosis. Its role in monitoring the effects of therapeutic interventions has made it indispensable in personalized medicine (69–78). Clinicians can track progress over time, fine-tuning treatment plans to align with the patient's evolving needs (79–88). In the context of sports, this adaptability is invaluable, given the dynamic physical demands athletes face (21,22,26,28,89–96).

Athletes, in particular, represent a population where the benefits of cranial EMG are profoundly evident (19,97–106). High-performance sports demand exceptional physical precision, endurance, and balance (20,23,29,51,85,107–118). Even minor imbalances or dysfunctions in the stomatognathic system can disproportionately affect performance, leading to suboptimal results or increased injury risk (88,113,119–126). For instance, a misaligned bite or asymmetrical muscle activity in the jaw can translate into broader postural imbalances, affecting coordination, strength, and overall physical output (52–54,57,69,71,77,78,91,91,95,96,98–101,103,107–109,111,114–116,120,126–128). Thus, cranial EMG not only aids in diagnosing these subtle issues but also plays a pivotal role in designing targeted interventions to enhance athletic performance and reduce the risk of injury.

Materials and Methods

The study evaluated 25 professional athletes using surface electromyography (sEMG) to assess their cranio-mandibular function, focusing on correlations between occlusal and postural disorders. The study's methodology provides a robust framework for understanding how cranial EMG can be systematically applied in clinical and athletic contexts.

Study Design

The research adopted a cross-sectional design, emphasizing real-world applicability. Participants underwent a comprehensive evaluation that included:

Anamnestic Data Collection

Gathering detailed medical histories to identify potential factors influencing cranio-mandibular function.

Physical Examination:
Assessing postural alignment, joint mobility, and muscular tension.

Electromyographic Recording:
Utilizing sEMG to measure the activity of masticatory muscles under various conditions, such as maximum intercuspation and relaxed jaw positions.

Participant Selection

The sample consisted of 25 athletes, 20 males and 5 females, aged between 18 and 35. The participants were engaged in competitive sports, ranging from team-based activities like football to individual disciplines like tennis. Inclusion criteria required participants to be free from systemic illnesses that could confound the study's findings.

Electromyographic Protocol

The sEMG recordings were conducted using high-precision surface electrodes. Two key parameters were measured:

- Percentage of Overlapping Coefficient (POC):

Quantifying the symmetry of muscle activation.

- Barycenter Index (BAR):

Assessing the distribution of occlusal forces.

Additionally, participants performed dynamic tests to simulate real-world athletic conditions. This approach provided a holistic view of how cranio-mandibular function interacts with postural control during physical

exertion

Data Analysis

Advanced statistical techniques were employed to interpret the EMG data. Descriptive statistics summarized the findings, while inferential methods tested the significance of observed differences. This dual approach ensured clarity and rigor, laying a strong foundation for drawing actionable conclusions.

Discussion

Role of Cranial Electromyography

Diagnostics

Cranial sEMG evaluates electrical potentials generated by muscle activity, providing insights into muscular symmetry, occlusal balance, and neuromuscular disorders (70,104,129–137). Two types of EMG are commonly used:

- Surface Electromyography (sEMG):

It is non-invasive and suitable for detecting muscular activity across larger muscle groups. It involves placing electrodes on the skin's surface, making it ideal for monitoring the activities of muscles like the temporalis and masseter during occlusal adjustments or postural assessments (107,138–147).

- Needle Electromyography:

More invasive, it offers granular data on individual motor units. Although its application is limited in sports due to its invasiveness, it provides highly detailed information that can complement sEMG findings in clinical scenarios (148–157).

The EMG records activity in masticatory muscles (e.g., temporalis and masseter) under conditions like maximum intercuspation or occlusal adjustments (148,158–172). The study demonstrated its utility in diagnosing cranio-mandibular dysfunctions in athletes presenting symptoms such as temporomandibular joint (TMJ) pain, mandibular deviation, or muscle fatigue. By offering a quantitative assessment of muscular imbalances, sEMG enables clinicians to identify patterns that might go unnoticed in traditional physical examinations (149,173–200).

Furthermore, cranial EMG has diagnostic applications that evaluate the impact of systemic conditions like bruxism or sleep apnea on craniofacial musculature (39,201–205). These conditions often exacerbate muscular tension, leading to secondary effects on posture and overall physical stability (206–211). Because sEMG can monitor changes in muscle activity over time, it is a critical tool for longitudinal studies and treatment planning (156,212–265).

Therapeutic Guidance

The therapeutic potential of cranial EMG lies in tailoring iThe therapeutic potential of cranial EMG lies in tailoring interventions to restore neuromuscular balance. In the study under review, dysfunctional athletes were treated with occlusal splints designed based on EMG data to improve muscular balance (266–275, 374). This approach yielded a 72% success rate in symptom resolution, affirming the method's efficacy.

Occlusal splints, crafted to address specific imbalances detected via sEMG, work by redistributing occlusal forces and reducing stress on the temporomandibular joints. For athletes, this alleviates symptoms like jaw pain and headaches and enhances overall physical performance by restoring postural stability. EMG-guided customization of splints ensures precise alignment, maximizing therapeutic outcomes and minimizing the risk of adverse effects (276–283).

Beyond splint therapy, sEMG can guide physical rehabilitation programs that strengthen craniofacial and postural muscles. As informed by EMG data, targeted exercises help correct muscular asymmetries and improve coordination. For instance, biofeedback mechanisms integrated with sEMG allow patients to actively monitor and adjust their muscle activity, fostering better compliance and faster recovery.

Influence on Athletic Performance

Postural Control

The relationship between dental occlusion and posture has garnered significant attention. sEMG allows for quantifying this relationship, highlighting the stomatognathic system's role in maintaining body balance. Athletes with malocclusion or cranio-mandibular dysfunction often exhibit altered postural stability, which may compromise performance and increase injury risk.

Postural control is a dynamic process involving the integration of sensory input and muscular responses. Dental occlusion stabilizes this system, with even minor misalignments potentially disrupting the balance between craniofacial and postural muscles. sEMG provides a window into these interactions, enabling clinicians to identify and address underlying issues that could affect an athlete's agility, coordination, and endurance (24,127,128,284–290).

Muscle Fatigue and Recovery

Prolonged physical exertion in athletes leads to muscle fatigue, which can exacerbate malocclusions and TMJ disorders. The study revealed optimized occlusal conditions achieved through splint therapy, reduced muscular strain, and improved recovery cycles. By monitoring the recovery of craniofacial muscles post-exertion, sEMG provides valuable feedback for designing adequate rest and rehabilitation protocols (143,291–295).

Moreover, sEMG data can help differentiate between fatigue-induced imbalances and chronic dysfunctions, ensuring that therapeutic interventions target the root cause of symptoms. This distinction is crucial in competitive sports, where maintaining peak physical condition requires precise training and recovery cycle (37,38,296–303)management.

Performance Metrics

Optimal craniomandibular alignment has been correlated with enhanced muscular strength and coordination. sEMG-guided therapies can fine-tune this alignment, enabling athletes to achieve their peak performance potential. Studies have shown that improved occlusal balance reduces the effort required for tasks like running or weightlifting, translating into better efficiency and reduced injury risk.

EMG applications mainly benefit athletes involved in high-intensity sports. Enhanced neuromuscular coordination boosts physical performance and improves mental clarity and focus, which are essential

in competitive environments. Furthermore, sEMG can monitor the effects of nutritional and hydration strategies on muscle performance, offering a holistic approach to athlete management (304–310).

Limitations and Future Directions

While the findings highlight the potential of cranial EMG, several limitations warrant attention:

- Sample Size:

The study's limited sample of 25 athletes restricts the generalizability of its conclusions. Expanding the sample size and including a diverse range of sports disciplines could provide more robust data.

- Short Follow-up:

The one-month follow-up period limits insights into the long-term benefits of interventions. Future studies should aim for extended monitoring to assess the durability of therapeutic outcomes.

- Lack of Controls:

The absence of a control group weakens the ability to attribute outcomes solely to sEMG-guided interventions. Randomized controlled trials are needed to establish causality and validate findings.

Future research should include larger cohorts, longer follow-up periods, and robust control groups. Additionally, exploring the integration of sEMG with other diagnostic modalities, like kinematic analysis or force platforms, could enhance its diagnostic precision. Developing portable and user-friendly sEMG devices may also expand accessibility, enabling broader adoption in clinical and athletic settings (130,311–335).

Emerging technologies, such as machine learning and artificial intelligence, hold promise for advancing sEMG applications. By analyzing complex datasets in real-time, these technologies could enhance the accuracy of EMG interpretations, providing deeper insights into neuromuscular imbalances and facilitating predictive modeling for athletic performance and injury prevention. Machine learning algorithms, for example, could be trained to detect subtle patterns in muscle activity that may not be readily apparent to clinicians. These advancements could lead to more personalized and effective interventions tailored to each athlete's unique neuromuscular profile (336–340,340–344). Furthermore, integrating cranial EMG with wearable technologies could significantly improve its utility in athletic settings. Wearable EMG devices, which continuously monitor muscle activity during training or competition, could give athletes real-time feedback on their posture, muscle activation, and fatigue levels. This continuous monitoring would allow athletes and coaches to make immediate adjustments, optimizing performance while minimizing the risk of injury (345–364). Another potential direction for future research is exploring cranial EMG's role in rehabilitation and injury recovery. While current studies have focused on its diagnostic and preventive applications, further investigations into its therapeutic potential could lead to more effective recovery protocols. For example, cranial EMG could monitor muscle recovery following concussion or other head-related injuries, providing valuable insights into an athlete's readiness to return to play (205,262,365–368). Ultimately, the continued evolution of cranial EMG, in conjunction with emerging technologies, can revolutionize how athletes are assessed and managed, enhancing both performance outcomes and overall health (74,93,110,286,369–373).

Conclusion

Cranial electromyography (EMG) has proven invaluable in assessing, diagnosing, and managing craniomandibular disorders in athletes. By providing real-time data on muscle activity and symmetry, EMG offers precise insights into how imbalances in the neuromuscular system affect performance, posture, and recovery. Its noninvasive nature and ability to capture detailed muscular dynamics make it an essential diagnostic tool, particularly in identifying subtle dysfunctions that may not be apparent through conventional examinations.

In addition to its diagnostic capabilities, cranial EMG plays a significant role in personalized therapeutic interventions. This technology allows clinicians to tailor treatments, such as occlusal splints or physical rehabilitation exercises, based on an athlete's unique muscular profile. This targeted approach has been shown to improve symptoms related to cranio-mandibular dysfunctions and athletic performance by optimizing posture and reducing fatigue. Its potential for improving recovery protocols further emphasizes its utility in managing athletes' health and ensuring a quicker return to peak physical condition.

As technology continues to evolve, with the integration of machine learning and artificial intelligence, the applications of cranial EMG will become even more robust and refined. Real-time monitoring of muscle activity during athletic performance could enable immediate adjustments to optimize efficiency and reduce the risk of injury. The development of portable EMG devices, combined with wearable technologies, will also make this tool more accessible, facilitating its broader application in sports medicine and athletic training.

In conclusion, cranial EMG is a powerful and evolving tool that holds promise for revolutionizing how athletes are assessed, treated, and managed. This would enhance their performance and long-term health outcomes.

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