

*European Journal of Orthodontics* 32 (2010) 116

doi:10.1093/ejo/cjp134

Advance Access Publication 17 December 2009

### **Self-ligation in orthodontics (2009)**

Editors: Theodore Eliades and Nikolaos Pandis

Publisher: John Wiley & Sons Limited, Chichester, West Sussex, UK

Price: £79.50

ISBN: 978-1-405-18190-7

This is a well-written and presented book, delivering the clinical and scientific evidence base for self-ligation in orthodontics. The format is succinct and easily understood with unbiased delivery of the key facts and current knowledge.

The content includes the history, evolution, and core advantages of self-ligation systems and a summary of biomechanics including *in vitro* forces and moments. The authors have also addressed the effects and outcomes of clinical importance, including treatment duration, dental arch changes, space closure, and chair-side time. There is an extremely useful chapter on treatment mechanics with self-

ligating systems. In addition, detailed information on clinical research design is included, and the biology of tooth movement and root resorption chapters provide a detailed general overview before focussing on the potential effects of self-ligating systems.

The authors and contributors should be congratulated on this high-quality and extremely well-referenced book that summarizes current knowledge. It will be incredibly useful to both clinical and academic orthodontists.

Nicky Mandall

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