The Gelb appliance was developed by Dr Harold Gelb in the USA in the 1970s. The appliance is always made for the lower jaw and usually incorporates a lingual bar. Ball clasps are also sometimes included to aid retention.

It is used to correct mandibular displacement, reduce TMJ dysfunction and oral/facial pain. The Gelb also provides occlusal stability, with the patient’s natural dentition serving as the anterior guidance.

**Construction requirements**
- Upper and lower impressions
- Bite registration

The Gelb appliance is often mistaken for more simple devices, such as posterior bite planes.

**Rationale**
- To maintain or stabilise jaw position
- Reduce a TMJ click
- Decompress the TMJ disc
- Achieve neuro-muscular release