

# Diploma in Clear Aligner Therapy – 4-Month Weekly Agenda

---

## Month 1

### Week 1 – Clinic Visit (UAE)

Day 1-Case Selection and Initial Assessment

- Suitable cases & diagnostics
- Patient assessment
- Records (photos, X-rays, 3d Scan)

Day 2- Hands-On Training

- IPR on typodonts
- Attachment placement
- TADs with aligners
- Fixed retainer

### Week 2 – Webinar 1

Introduction to Clear Aligner Therapy

- Biology of tooth movement
- Overview of clear aligners
- History & market overview
- Comparison with braces

### Week 3 – Webinar 2

Treatment Planning & Software Training

- Planning software basics
- Step-by-step guide to creating plans
- 3D control of tooth movements

### Week 4 – Webinar 3

Aligner Fabrication Process

- Lab process
- Materials & properties
- Quality control

## Month 2

### Week 5 – Webinar 4

Intra-Maxillary Cases: Crowding

- Case discussion (mild–moderate)
- Staging, attachments, IPR
- Challenges (rotations, extrusion, root control)

### Week 6 – Webinar 5

Intra-Maxillary Cases: Spacing

- Techniques to close spaces
- Esthetics & diastema closure
- Sequential staging & auxiliaries

### Week 7 – Webinar 6

Inter-Maxillary: Sagittal Problems – Class II

- Elastics, distalization, bite ramps
- Mild–moderate Class II correction

### Week 8 – Webinar 7

Inter-Maxillary: Sagittal Problems – Class III

- Maxillary retrusion/mandibular prognathism
- Surgical vs. aligner options

## Month 3

### Week 9 – Webinar 8

Inter-Maxillary: Coronal Problems – Deep Bite

- Bite opening strategies
- Intrusion & sequencing
- Case examples

### Week 10 – Webinar 9

Inter-Maxillary: Coronal Problems – Open Bite

- Posterior intrusion, elastics, bite blocks
- Limitations of non-surgical closure

### Week 11 – Webinar 10

Inter-Maxillary: Transverse Problems – Crossbite

- Uni/bilateral crossbite correction
- Expansion & elastics

### **Week 12 – Webinar 11**

Inter-Maxillary: Transverse Problems – Midline Discrepancies

- Midline shift strategies
- Tracking & compliance challenges

### **Month 4**

### **Week 13 – Webinar 12**

Retention

- Biology of relapse
- Retention types & protocols

### **Week 14 – Final Case Preparation**

Student time to finalize case submissions & presentations

### **Week 15 – Clinic Visit (UAE) for Final Assessment & Certification**

Case study presentations

- Oral and MCQ Written examination
- Feedback & reflection
- Certification ceremony