Complete occlusal equilibration is a dental procedure which may be performed over several visits, in which the occlusal surfaces of the teeth are meticulously altered in shape to meet predetermined criteria of an ideal occlusion. These criteria include, but are not limited to: simultaneous even contact and maximum intercuspation of all posterior teeth in centric relation position, force vectors of occlusion parallel to the long axes of the teeth, and immediate disclusion of the posterior teeth by anterior teeth in all eccentric movements of the mandible. The ultimate aim of this procedure is to achieve maximum relaxation of the jaw muscles during closure without mutilative alteration of the occlusal surfaces of the teeth. The object is to produce sufficient harmony between the modified occlusal anatomy of the teeth and the masticatory muscles and temporomandibular joints so that no pathology is produced within the tissues of the stomatognathic system.