



DR. DANIEL KLAUER



ACHIEVE YOUR  
**VICTORY**

— SOLUTIONS FOR —  
**TMD AND SLEEP APNEA**

***“It is one of the most beautiful compensations  
of life, that no man can sincerely try to  
help another without helping himself.”***

**—Ralph Waldo Emerson**

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## **PRAISE FOR *ACHIEVE YOUR VICTORY***

Dr. Daniel Klauer has established himself as a leader among an expanding nucleus of collaborators from diverse fields of practice united by a common purpose: identifying and treating the airway and breathing problems that drive a host of health conditions. Careful reflection on patterns he recognized in his clinical practice and insights gained from conversations with others involved in the care of patients with airway problems piqued Dr. Klauer’s curiosity about the possibility that many prevalent health issues might have a common precursor. Recognizing the impact this area of practice can have on a patient’s health and well being, Dr. Klauer has sought to improve access to this specialized care by organizing conferences and symposia where other practitioners can hear case reports, review literature, and learn to apply new techniques in their efforts to improve their patients’ lives. It has been a privilege to collaborate with Dr. Klauer and I look forward to our future endeavors.

**Darius Loghmanee, MD**

*Pediatric Sleep Medicine*

Dr. Klauer's sense of victory includes this notion that there is no victory unless everyone has tried their best to deliver and receive the proper care. A great outcome will be short-lived if either the professional or the patient do not invest their best efforts in caring and being cared for. The collaborative multi-professional approach Dr. Klauer outlines in this book is a testimony to the best practice of medicine where egos too big to admit new learning, turf battles, and non-compliant patients are alien concepts. The joy of health care is caring and being cared for, and if you allow this, then you will receive the most beautiful compensation of life where both sides experience victory.

**Roger Klauer, MD, MDiv**

*Physical Medicine & Rehabilitation*

To successfully treat patients with pain disorders, we must look beyond the obvious issue the patient is complaining of and be able to assess the entire patient, including mind, body and spirit. Dr. Daniel Klauer and I are kindred spirits in this respect. He and I have worked together for the past four years evaluating and treating challenging and acute, but mostly chronic pain patients. He and Dr. Steven Olmos have opened my eyes to the depth of sleep medicine and the influence of jaw disorders on the mechanics and function of the entire body, and they have given me new, physical examination skills to better assess my patients and achieve more consistent outcomes with precise, targeted treatment. In a time when we must stop symptomatically treating pain with narcotics and steroids, Dr. Klauer's skills bring a refreshing and critical approach to the management of head, neck and jaw pain disorders.

**Mark Cantieri, DO**

*Author and owner of Corrective Care*

Dr. Klauer has helped change my practice and provide better treatment for patients with sleep and temporomandibular joint issues. He provides a comprehensive approach that seeks to understand the underlying issues and develop the expertise to provide the correct treatment. In my role as a sports medicine physician, his ability to help athletes improve their function and performance has been quite significant. I trust him both with my patients and my own family.

**Mat Leiszler, MD**

*Sports Medicine*

Dr. Klauer has brought great insight to our community and I am grateful for that. He has challenged traditional teachings and helped educate clinicians in current evidence-based care. Finally, patients in this community are getting the care that they truly need. No longer are we simply treating the symptoms of our patients' pain and dysfunction. Today, we can diagnose and treat the root of their problem, getting lasting results—no more band aids. I have been impressed with the multidisciplinary approach to patient care and I am happy to have him as a resource for my patients. Dr. Klauer has established and educated a network of medical and dental professionals. Through this collaboration, all facets of patient care can be addressed. Thank you Dr. Klauer for putting together a concise resource for both our colleagues and our patients!

**Dr. Chad Harrington, DDS, MS**

*Board-Certified Orthodontist and owner of Harrington Orthodontics*

An extraordinary and compassionate dentist, Dr. Daniel Klauer has entered into a new paradigm of medicine: finding the true source of your pain—not merely treating your symptoms. He is determined to treat you naturally, without unnecessary surgery or medication.

If you want to relieve your pain and improve your sleep, you must read this book. Who would have thought that breathing and sleeping were so important? Dr. Klauer has taught me how to challenge the traditional way of practicing medicine. In his book, he will show you how all fields of medicine must work together to improve your health and improve your life.

I am a better physician because of Dr. Klauer. My health and my sleep are much improved, and yours can be too.

**Victor Romano, MD**

*Romano Orthopaedics Center*

As a sports medicine and sports performance team, we know the system Dr. Klauer has delivered to our athletes has prevented injuries, improved treatment, and enhanced performance. His evaluation, assessment, guidance, and creation of a plan of care for our athletes addresses the root cause of a specific condition. This has allowed us to better serve our patients and improve outcomes.

**Rob Hunt, EdM, ATC**

*Director of Athletic Training and Rehabilitative Services*

With the publication of this book, Dr. Klauer has given healthcare providers, and the recipients of the care that they provide, a precious resource. Within these pages, the reader will become scientifically enlightened about how several of the chronic health problems that are so highly prevalent in today's industrialized societies are not only treatable without drugs or invasive surgeries, but also mostly preventable if specific environmental "triggers" are eliminated at their earliest recognition—in adults, and especially early childhood. For instance, over a few paragraphs subtitled "Sean's Victory," Dr. Klauer eloquently describes, in detail, how he rescued a five year-old child who had been referred to him per recurrent obstructive sleep apnea symptoms despite having previously had his tonsils and adenoids surgically removed. I would recommend this book to any healthcare provider who is involved in the sleep and respiratory wellness care of children and/or their adult caregivers; I also highly recommend it to those adult caregivers as the writing style is not overly "medical," but clear, entertaining, and most importantly, scientifically supported.

Thank you Dr.Klauer for this valuable gift!

**Kevin L. Boyd, DDS, MSc**

*Pediatric Dentist and owner of Dentistry for Children and Families*





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— SOLUTIONS FOR —  
TMD AND SLEEP APNEA

*Advantage*®

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*To Hayley, my loving wife, and our children,  
Carson, Maddie, Nicholas, and Lena.*



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# ACKNOWLEDGMENTS

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Thank you, Mom, for being the best example of unconditional, selfless, endless love and compassion. You are truly amazing and one of a kind.

Thank you, Dad, for showing me that as a provider, you can dramatically impact a patient's life even beyond their chief complaint. Thank you for keeping me grounded and humble, and for showing me how to love God, my wife, and family first.

Thank you, Uncle Rocky, for giving me the confidence and encouragement to speak toe-to-toe with physicians of all specialties.

Thank you, Papa Klauer, for quietly encouraging me and praying for my success. Although you somehow always knew my career path, you let me find my way.

Thank you, Dr. Mahoney, for introducing me to the profession of dentistry and welcoming me into your practice.

Thank you, Dr. Olmos, for putting together the most comprehensive clinical protocols to literally transform patients' lives. Thank you for accepting me as your student and pioneering the way in this field of medicine and dentistry.



Thank you, Scott Manning, for being such a great friend and leader, and ensuring I achieve the goals for my family, my practice, and my life. You are truly one of a kind.

# ABOUT THE AUTHOR

A lifelong resident of Granger, Indiana, Daniel Klauer, DDS, has strong ties to his Midwest community. He attended the University of Notre Dame and was a member of the Big East Championship Varsity Golf Team. After graduating from the University of Notre Dame, Dr. Klauer earned his doctor of dental surgery degree (DDS) from The Ohio State University.

Since 2013, after seeing an overwhelming need, Dr. Klauer chose to limit his practice to treating patients with craniofacial pain, TMD (temporomandibular joint disorders), and sleep breathing disorders. As he learned to identify the origin of patients' pain and sleep problems, it became increasingly clear that he could drastically impact their lives now and in the future.

Dr. Klauer is board-certified with the American Board of Dental Sleep Medicine, American Board of Craniofacial Pain, and the American Board of Craniofacial Dental Sleep Medicine. He is diplomate eligible with the American Board of Orofacial Pain and currently is the only doctor in a hundred-mile radius of South Bend, Indiana who carries these three board credentials.

Dr. Klauer enjoys educating patients and giving them the tools to live healthier lives independent of medications and

quick fixes. He has a compassion for patients that is evident in the welcoming environment of his practice, his dedication to ongoing learning, and his commitment to improving the industry by sharing his knowledge with colleagues as a lecturer around the world.

Dr. Klauer also works with the University of Notre Dame Athletic Department, helping athletes be their best in the game. He proudly has been a part of screening athletes for sleep disordered breathing as well as treating several of the athletes with chronic headaches and other chronic ailments. By invitation, he has helped them implement Motor Nerve Reflex Testing (to be discussed in the book) as a screening tool for player performance, balance assessment, and injury prevention. Being a former student athlete at Notre Dame, this has been a fun way to give back to the University he has strong ties to.

Outside the office, Dr. Klauer enjoys life with his wife, Hayley, and his four young children. Together, they enjoy almost any outdoor activity, especially running, biking, and skiing.

# FOREWORD

**BY DR. DOUGLAS LIEPERT, MD**

I believe a primary weakness in patient care revolves around each specialty focusing on what they can deliver with no collaboration. We have to understand each other's role and treatment options, or the patient will be doomed to hear only what we offer individually. I want to work with colleagues who focus on the diagnosis first and then figure out how to best treat the patient. This is what I receive from Dr. Klauer. I had met many dentists before I was introduced to Dr Klauer, but it was immediately clear he would be a great colleague. His dad is an MD, so he understood diagnosis, and his interest lay in treating the patient, not in delivery of an appliance or doing a procedure.

I was introduced to Dr. Klauer by chance after he started his journey in dental sleep medicine and TMD treatment. He had asked my facial plastics partner if he knew any ENTs interested in sleep. My partner's reply was that it just so happens we just hired a partner board-certified in sleep. I have always focused on a comprehensive and multidisciplinary path towards caring for patients with sleep disorders. I preached the philosophy that sleep was as diverse as cancer and required a multi-specialist approach. Dr. Klauer is a key member of my circle of

care because he shares this philosophy, and this sets him apart from the weekend warriors who have just enough knowledge to focus on the oral appliance. His evaluations are comprehensive and focused on identifying all of his patients' diagnosis. He is also very skilled with the treatment of craniofacial pain. This often needs no MD collaboration, but when he also identifies a sleep component, he does not hesitate to consult. It is not that he does not understand sleep. With all his training and four years of our collaboration, he just understands the power of the team. I have not once seen him deliver a sleep appliance until we had completed this process. We work as colleagues in the same manner as I do with my neurology and pulmonologist sleep physicians. He is truly a doctor of dental sleep medicine.

I have watched his practice grow as he incorporated new treatments and diagnostic tools, recognizing his patients' needs. It was an honor to be his sponsor as he moved through the process of the dental sleep boards. We had many fun nights looking at polysomnograms and meeting together to develop individual care plans for patients. Rarely did patients have only a single sleep or pain problem. Over the last four years, it has become clear that it does not really matter who the patient sees first. We would help the patient get what they needed. It did not matter whether it was surgery, an OA, myofunctional therapy, or CPAP. We have taught each other how to be a unique team which we hope will change the paradigm from the silo of the sleep lab to a multispecialty team helping people with sleep and pain disorders.

**Douglas R. Liepert, MD**

Board-Certified in ENT & Sleep Medicine

Michiana Sleep Solutions

Allied ENT Specialty Center

Research Professor University of Notre Dame



# FOREWORD

**BY DR. STEVEN OLMOS, DDS**

I have dedicated my life to helping people with chronic pain and breathing disorders. Having focused my almost forty years of practice in this effort, and I have produced and taught continuing education courses around the world to share my treatment paradigms with physicians, dentists and other health care providers. I met Dr. Daniel Klauer when he attended these courses. It is an understatement to say he is an exceptional student who understands the importance of a road-tested system to achieve treatment success and is able to implement them.

Through my years of teaching, I have come to realize there are a handful of students that have the gift of comprehension, assimilation, conversion, and most importantly, the ability to make complicated things simple. In reading this book, it's clear that Dr. Daniel Klauer is one of these special handfuls. Humility is the gift of greatness.

He explains concepts in this book clearly so that anyone can understand them without a background of knowledge. He explains these concepts with cases that demonstrate conditions that are likely familiar to someone you love or know. It is possible that you are deciding to read this book because



you suffer from these ailments. If so, you have made the right choice to pick it up, and I am sure you will find direction for relief of your symptoms.

People, such as Dr. Daniel Klauer, who focus on helping others with chronic pain and breathing dysfunction, are a special breed. They are fueled by the relief of suffering by others and the improved quality of life. It is what we all strive for. Feeling good and healthy without the assistance of medications that give an illusion of health.

I am proud of all my students and the Centre concept that standardizes these protocols. This book makes me especially proud.

Well done Dr. Klauer.

**Steven R. Olmos**, DDS, DABCP, DABCDSM, DAAPM, DABDSM, FAAOP, FAACP, FICCMO, FADI, FIAO  
Founder, TMJ & Sleep Therapy Centres International