

# Biomechanics of fixed appliance vs biomechanics of aligners

Orthodontic tools aren't one-size-fits-all. This lecture explores the biomechanics of fixed appliances and aligners to guide effective, critical use.



**Dr. Stefano Troiani**



**18th of October, 2025 | 08:00-15:30**



**GRAND POET by Semarah hotels in Riga**  
Raiņa bulvāris 5/6, Centra rajons, Rīga, LV-1050, Latvija



**Doctors: 300€, residents: 180€**  
Including dinner



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## Dr. Stefano Troiani



Stefano Troiani graduated at the University of Aarhus (DK) orthodontic program and received his MSc in Orthodontics in 2003. He has maintained a private practice in Denmark from 2003 to 2017 and in Germany since 2008. He has worked as Clinical Assistant Professor at the Dept. of Orthodontics of the University of Aarhus from 2005 to 2007. He has been the scientific director of the Alpe Adria Face Master held at the University of Graz, Ljubljana and Zagreb in 2012-2013.

He has been consultant orthodontist at the department of maxillo-facial surgery of the hospital of Sønderborg (Denmark) from 2008 to 2009 and the university hospital of Odense (Denmark) from 2008 to 2017.

Dr Troiani has held more than 150 lectures and courses internationally.

He is currently in private practice in Switzerland and Germany and serves as advisor for orthodontic industry.

## About the lecture

Orthodontics has been characterized in the last 2 decades by an increasing influence of marketing and ego-boosted messages from KOL, proposing different systems as the ultimate solution.

Truth is, every appliance is a tool, with indications and contraindications. First step to a proficient clinical use and a critical assessment of the messages received should be a knowledge of the biomechanical principles of different appliances.

This lecture will explore the biomechanics of fixed appliance and aligners, underlying advantages and disadvantages of both systems.

