

Short Bio

Dr. José Martins obtained his degree in Dental Medicine from the Faculty of Dental Medicine, University of Lisbon, in 2007. He completed his Master's degree and specialist training in Orthodontics at Aarhus University, Denmark, in 2016.

Dr. Martins practices as an orthodontist in Lisbon, Portugal, with a clinical focus on clear aligner therapy. He is a Key Opinion Leader for ClearCorrect and regularly lectures on digital orthodontic workflows and aligner biomechanics.

Abstract

Sequential Distalization with Clear Aligners: A Digital Approach to Traditional Mechanics

One of the key approaches to correcting Class II malocclusion with clear aligners is sequential distalization. By digitally planning the movement of each posterior segment, clinicians can reproduce traditional mechanics while maintaining precise control over force direction and anchorage. Through 3D treatment planning and virtual staging, tooth movement can be sequenced in small, predictable steps to achieve efficient posterior movement with minimal side effects.

This digital workflow allows clear aligners to manage Class II correction in an aesthetic and patient-friendly way. When combined with proper attachment design, interarch support, and consistent compliance, sequential distalization can offer outcomes comparable to fixed appliances while improving comfort, visualization, and overall treatment efficiency.