

**1.** How much force can move an anterior tooth?  
**1.7gm** Wienstein S. - Minimal Forces in Tooth Movement. American Journal of Orthodontics 1967;53:881-903

**2.** How much force does the lower lip exert?  
**100-300gm** Sakuda M. Ishizwa M.- Study of the Lip Bumper. J.Dent.Res. 1970;49:667

**3.** What force is the tongue capable of exerting?  
**up to 500gm** Profit W.R. - Lingual pressure patterns in the transition from tongue thrust to adult swallowing. Arch Oral Biol. 1972;17:555-63

gm 250 500

- Gibbs found forces during swallowing averaged 66.5 pounds which was substantially higher than 58.7 pounds during the occlusal phase of chewing.