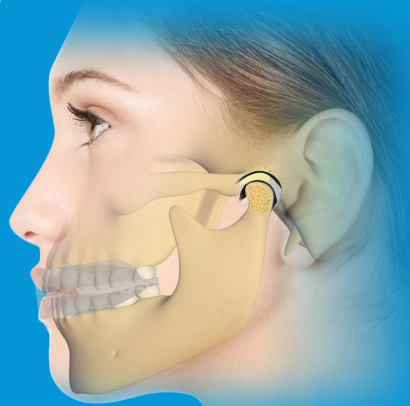


Temporomandibular Joint Disorder (TMJ/D)

Many people suffer from TMJ Disorder, experiencing discomfort of the head, ear, neck and jaw. The disorder can be difficult to diagnose because of the number of variable symptoms. The most effective method of diagnosis and treatment has proven to be the use of intra-oral appliances. Lessening of symptoms after use of intra-oral appliances over time confirms the presence of TMJ Disorder and use of these appliances can also be effective treatment.

The *myOSA*® *TMJ* is a prefabricated intra-oral appliance, designed specifically for the immediate and effective treatment of TMJ/D without the need for time consuming moulding, custom fitting, and adjusting. The design of the *myOSA*® *TMJ* incorporates features that correct poor myofunctional habits, which helps to retrain incorrectly functioning oral and tongue muscles that contribute to TMJ Disorder. Bruxing and grinding of teeth is prevented by the patented aerofoil-shaped base and double mouthguard design. Use in combination with the *myOSA*® *TMD* for daytime use if directed by your doctor.



WARNING:
PREMATURE SPLITTING OF THE BASE CAN OCCUR IF YOU BITE TOO HARD ON THE *myOSA*® *TMJ* APPLIANCE
REPLACE IF DETERIORATION OR SPLITTING OCCURS.

INITIAL USE - 1 hour daily plus overnight

The *myOSA*® *TMJ* appliance may need to be phased in during the first week of use i.e. 10 mins/day one, 20 mins/day two, 30 mins/day three, etc. Some tooth movement may occur, discomfort may increase or teeth may become sensitive during use. If this occurs, decrease application time, then increase again gradually as above.

NIGHT USE WHILE SLEEPING

Once comfortable using the *myOSA*® *TMJ 0* (1 to 2 days), it may be worn while sleeping. Some people may find this uncomfortable at first, especially mouth breathers and snorers. If unable to wear this appliance, the *myOSA for Snorers*™ may be more suitable.

BRUXING AND GRINDING

Some people may wake with headaches due to bruxing and grinding their teeth or clenching their jaws while sleeping. The *myOSA*® *TMJ* limits bruxing and grinding with its aerofoil-shaped base and double mouthguard design.

Cleaning your *myOSA*®: Clean your *myOSA*® appliance under warm running water every time you remove it from your mouth. Use *Myoclean*™ tablets to correctly clean twice every week. Ask your doctor or dental therapist about *Myoclean*™, the recommended cleaning agent for all *myOSA*® appliances.

USE ONLY UNDER THE SUPERVISION OF A LICENSED MEDICAL OR DENTAL PRACTITIONER.

myOSA®

For more information, visit www.myosa.com
myOSA® BY MYOFUNCTIONAL RESEARCH CO.

SEE INSTRUCTIONS



myOSA_TMJ_INS_ENG

myOSA®

MYOFUNCTIONAL SLEEP APPLIANCE



IMMEDIATE DIAGNOSIS AND
TREATMENT OF TMJ DISORDER



USE DAILY FOR 1 HOUR
PLUS OVERNIGHT

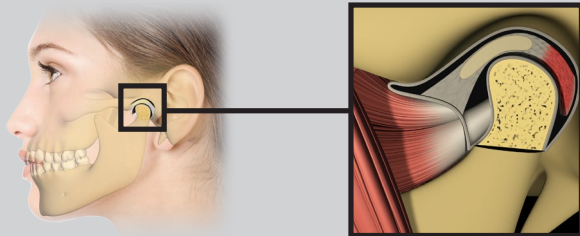
WORLDWIDE PATENTS. DETAILS AVAILABLE AT MYORESEARCH.COM

The myOSA® TMJ appliance

- Position the *myOSA® TMJ appliance* into your mouth with tongue tag upwards.
- Make sure the center line of the *myOSA® TMJ* is aligned with the mid-line of your upper teeth.
- Close together gently until your teeth lightly contact the aerofoil-shaped base.
- Keep lips together (breathing through the nose).
- Do not clench or grind on the *myOSA® TMJ*.
- Sit quietly in a relaxed position for approximately one hour. It is best if your chair has a headrest so that the head and neck are supported.
- Use 1 hour daily plus overnight.
- After 1 hour duration, gently stretch the muscles of the jaw and neck by turning your head from left to right, backwards and forwards and shrugging your shoulders. Remove the *myOSA® TMJ appliance* after these stretching exercises.

Immediate diagnosis and treatment

The TMJ (temporomandibular joint) is where the mandible (the lower jaw) joins the temporal bone of the skull. Each time you chew, you move it and you also move it every time you talk and each time you swallow (approximately once per minute). It is, therefore, one of the most frequently used joints of the body.



Temporo-Mandibular Joint

myOSA® TMJ

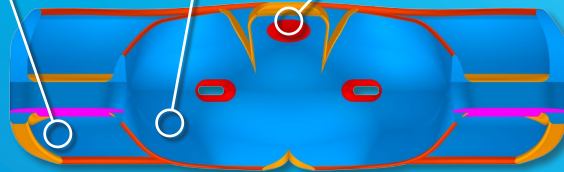
The *myOSA® TMJ* appliance is specifically designed to act as a universal initial diagnostic and treatment tool for TMJ disorder. The appliance, which does not require any special fitting or adjustment, should be used one hour each day and overnight for a minimum of 30 to 60 days, after which the wearer should be able to determine how much continued use is required to maintain symptom relief. By assisting to decompress the TMJ, correct mouth breathing and tongue posture as well as limit bruxing, the appliance achieves TMJ Disorder symptom relief by relieving pressure on the temporomandibular joints and relaxing the muscles around the jaw and neck.

myOSA® TMJ - design features

Dual Arches to correct to Class I, promote nasal breathing and limit bruxing.

Tongue Guard and Elevators control tongue position.

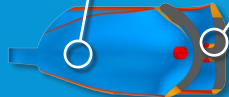
Tongue Tag assists myofunctional correction of the tongue.



Aerofoil Base decompresses the TM Joint which assists in symptom relief.

Provides optimum jaw position and vertical opening for most patients.

myOSA® TMJ
Cross Section



Instructions for use:

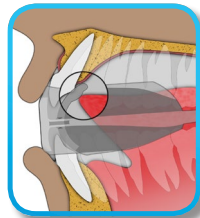
Prior to using the *myOSA® TMJ* see a medical or dental practitioner for evaluation of your TMJ disorder. This evaluation will determine the potential benefit of the *myOSA® TMJ* in conjunction with other treatments. The *myOSA® TMJ* serves as both diagnostic tool and initial treatment modality and can determine if your symptoms are directly related to causes of TMJ disorder. **Use your *myOSA® TMJ* appliance for 1 hour each day and overnight while sleeping.**



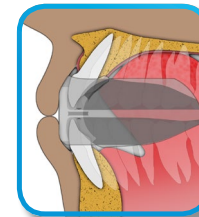
Step 1 – Place the *myOSA®* into your mouth with tongue tag upwards



Step 2 – Align the centre of the appliance with the mid-line of upper teeth.



Step 3 – Keep your tongue positioned on the tongue tag.



Step 4 – Close down on the *myOSA®* and allow it to guide your jaw forward.



Step 5 – Make an effort to keep the lips together and breathe through the nose.



Step 6 – After 1 hour, stretch the muscles of your jaw and neck by turning your head left to right, backwards and forwards before removing the appliance.

DO NOT CLENCH OR GRIND ON THE MYOSA®

Initially use the *myOSA® TMJ* during the day to become accustomed to it. Once accustomed to the *myOSA® TMJ* use it while sleeping.