

myosa[®]

SLEEP WELL THE NATURAL WAY



**IMMEDIATE DIAGNOSIS AND
TREATMENT OF TMJ DISORDER**



**USE FOR
ONE HOUR
EVERY DAY
AND WHILE
SLEEPING**

www.myosa.com

WORLDWIDE PATENTS, FOR MORE INFORMATION VISIT MYORESEARCH.COM

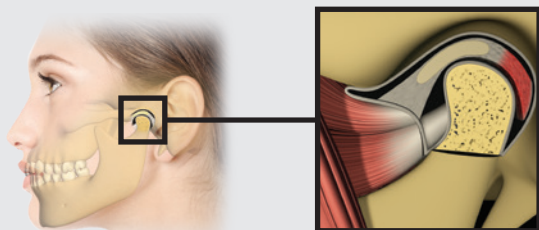
Understanding the problem

The causes of jaw joint disorder can be multi-faceted and symptoms often stem from dysfunctional interaction between the teeth, facial muscles and jaws. These causes can include tension, misaligned or missing teeth as well as poor dental work, incorrect myofunctional habits including mouth breathing, incorrect jaw development, trauma or degenerative diseases such as osteoarthritis. The temporomandibular joint (TMJ) can be located by pressing the fingertips immediately in front of the ear on each side of the face. Movement in the TMJ can be felt by inserting the tips of the little fingers into the ear canal then pressing forwards while opening and closing the jaw. Most symptoms are located away from the TMJ and many undiagnosed sufferers will have experienced chronic head, neck, ear and other pain.

Regardless of the cause or severity of a patient's TMJ the *Myosa*® for TMJ appliance range covers both intracapsular and extracapsular treatment, aimed at relieving pressure on the TMJ, decreasing muscle tension and limiting the effects of jaw clenching. Treatment with the *Myosa*® range provides immediate relief from the symptoms of TMJ Disorder (TMD).

Immediate diagnosis and treatment

The TMJ is where the mandible (the lower jaw) joins the temporal bone of the skull. Each time you chew, you move it, but 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.

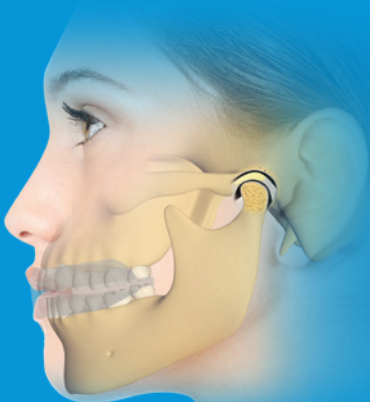


Temporomandibular joint

Treatment with oral appliances

Many people suffer from TMD, 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 intraoral appliances. Lessening of symptoms after use of intraoral appliances over time confirms the presence of TMD and use of these appliances can also be effective treatment.

The *Myosa[®] for TMJ* is a prefabricated intraoral appliance, designed specifically for the immediate and effective treatment of TMD without the need for time consuming moulding, custom fitting, and adjusting. The design of the *Myosa[®] for 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[®] for TMJ* for daytime use if directed by your doctor.



WARNING:

PREMATURE SPLITTING OF THE BASE CAN OCCUR IF YOU BITE TOO HARD ON THE *MYOSA[®] FOR TMJ* APPLIANCE.

REPLACE IF DETERIORATION OR SPLITTING OCCURS.

Myosa® for TMJ

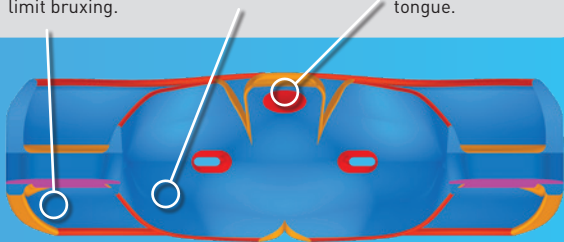
The *Myosa® for TMJ* is designed to act as an initial diagnostic and treatment tool for TMD. The appliance, which does not require any special fitting or adjustment, should be used one hour each day and overnight for a minimum of 30 to 60 days, after which the wearer should be able to determine how much 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 symptom relief by relieving pressure on the temporomandibular joints and relaxing the muscles around the jaw and neck.

Myosa® for TMJ – Design features

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

Tongue guard and elevators control tongue position.

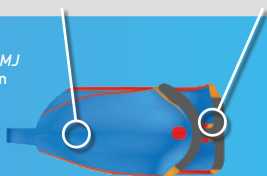
Tongue tag assists myofunctional correction of the tongue.



Aerofoil base decompresses the TMJ which assists in symptom relief.

Provides optimum jaw position and vertical opening for most patients.

Myosa® for TMJ
cross section



Instructions for use

Prior to using the *Myosa*[®] for TMJ see a medical or dental practitioner for evaluation of your TMD. This evaluation will determine the potential benefit of the *Myosa*[®] for TMJ in conjunction with other treatments. The *Myosa*[®] for TMJ serves as both diagnostic tool and initial treatment modality and can determine if your symptoms are directly related to causes of TMD.

Use your *Myosa*[®] for 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 one 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*[®] for TMJ during the day to become accustomed to it. Once accustomed to the *Myosa*[®] for TMJ use it while sleeping.

Initial use - 1 hour daily plus overnight

The *Myosa*® for TMJ may need to be phased in during the first week of use i.e. 10 minutes/day one, 20 minutes/day two, 30 minutes/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 gradually as above.

Night use while sleeping

Once comfortable using the *Myosa*® for TMJ it may be worn while sleeping. Some people may initially find this uncomfortable, 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*® for TMJ limits bruxing and grinding with its aerofoil-shaped base and double mouthguard design.

Cleaning your *Myosa*®: Run your *Myosa*® appliance under warm water every time you remove it from your mouth and allow it to dry. We recommend using *Myoclean*™ tablets for all your oral appliances twice a week. Ask your practitioner about *Myoclean*™.

CAUTION: USE UNDER THE SUPERVISION OF AN ORTHODONTIST OR DENTIST.

Lifetime use: 6 months based on everyday wear. Replace after 12 months regardless of wear time. At the first signs of appliance cracking, damage or discolouration, speak to your health practitioner.



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INNOVATIVE DENTAL APPLIANCE TECHNOLOGY AND EDUCATION



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MULTIPLE USE



KEEP OUT
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