

# myosa<sup>®</sup>



## DAYTIME TREATMENT OF TMJ DISORDER



**CUSTOMISABLE  
LOW PROFILE FOR  
UNIMPEDED SPEECH**

WORLDWIDE PATENTS  
DETAILS AVAILABLE AT [MYORESEARCH.COM](http://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 jaw 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*<sup>®</sup> for TMJ appliance range covers both intra-capsular and extra-capsular treatment, aimed at relieving pressure on the TMJ, decreasing muscle tension and limiting the effects of jaw clenching. Treatment with the *Myosa*<sup>®</sup> range provides immediate relief from the symptoms of TMJ Disorder.

## 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, 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 TMJ Disorder (TMJ/D), 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*<sup>®</sup> for TMD is a prefabricated intra-oral appliance, designed specifically for the immediate and effective treatment of TMJ/D. The design of the *Myosa*<sup>®</sup> for TMD 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. For heavy bruxers, the upper surface may be left flat with no indentations for the upper teeth, in which case allow your lower jaw to come into the most relaxed position.



**WARNING:**

PREMATURE SPLITTING OF THE BASE CAN OCCUR IF YOU BITE TOO HARD ON THE *MYOSA*<sup>®</sup> FOR TMD APPLIANCE. REPLACE IF DETERIORATION OR SPLITTING OCCURS.

# Myosa® for TMD

The *Myosa® for TMD* appliance is specifically designed for the diagnosis and treatment of TMJ Disorder. The appliance, which should be fitted and customised by your doctor to the correct therapeutic bite, has a comfortable low profile allowing for daytime use and unimpeded speech. While the flexible *Myosa® for TMJ* is ideally suited to night time use, the *Myosa® for TMD* can be used while sleeping provided the fit is secure. Use for short periods during the day initially, then once comfortable use all day removing only for eating or cleaning.

## *Myosa® for TMD* - Design features

**Mouldable (by practitioner)** for customised bite correction.

**Low-profile** for patient comfort and easy speech.



**Aerofoil shape** for joint decompression.

**Hard inner core** for a tight fit.



## Instructions for use:

Prior to using the *Myosa*<sup>®</sup> for TMD see a medical or dental practitioner for evaluation of your TMJ Disorder to determine the potential benefit of the appliance in conjunction with other treatments. The *Myosa*<sup>®</sup> for TMD serves as both diagnostic tool and initial treatment modality and can determine if your symptoms are directly related to causes of TMJ Disorder. **Use for short periods during the day initially, then once comfortable use all day removing only for eating or cleaning.** The *Myosa*<sup>®</sup> for TMD appliance must be fitted by your doctor. After fitting ensure it fits tightly and can be easily removed and replaced into the correct position.



**Step 1** – Hold the *Myosa*<sup>®</sup> facing right way up.



**Step 2** – Place the *Myosa*<sup>®</sup> into your mouth.



**Step 3** – Close down on the *Myosa*<sup>®</sup> and allow it to guide your jaw forward.



**Step 4** – Make an effort to keep the lips together and breathe through the nose.

Initially when removed the teeth may feel they do not meet. This is common and indicates the *Myosa*<sup>®</sup> for TMD has identified a bite problem.

Clean your *Myosa*<sup>®</sup> appliance under warm running water everytime you remove it from your mouth. Use *Myoclean*<sup>™</sup> tablets to correctly clean twice a week.

**Initially use the *Myosa*<sup>®</sup> for TMD during the day to become accustomed to it. Once accustomed to the *Myosa*<sup>®</sup> for TMD, use it while sleeping.**

# Directions for use

Use the *Myosa*<sup>®</sup> for TMD appliance during any daily activities, except while sleeping. As it is low profile and semi flexible, comfort and ease of speech are optimised. The thicker base over the molar area assists jaw joint (TMJ) decompression, which stops clicking of the temporomandibular joints (TMJs) when in place. Some tooth, muscle and jaw discomfort may occur in the first few days. This is normal and should lessen after this initial time. Consult your treating doctor for advice if this discomfort persists.

## Night use while sleeping

The *Myosa*<sup>®</sup> for TMD appliance can be used at night while sleeping, provided the fit is secure. However the soft and flexible *Myosa*<sup>®</sup> for TMJ appliance is ideally suited to night use and is recommended for use in conjunction with the *Myosa*<sup>®</sup> for TMD appliance. Consult your doctor for further information.

**Cleaning your *Myosa*<sup>®</sup>:** Clean your *Myosa*<sup>®</sup> appliance under warm running water every time you remove it from your mouth. MRC recommend using *Myoclean*<sup>™</sup> tablets for all your oral appliances twice per week, ask your doctor or dental therapist about *Myoclean*<sup>™</sup>.

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

Lifetime use: 6 months based on everyday wear.  
Replace after 12 months regardless of wear time.



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Single Patient Use.



**MYOFUNCTIONAL  
RESEARCH CO.**

INNOVATIVE DENTAL APPLIANCE  
TECHNOLOGY AND EDUCATION



KEEP OUT  
OF DIRECT  
SUNLIGHT



CLEAN  
BEFORE USE