

myoTalea®

BREATHING AND  
MYOFUNCTIONAL  
CORRECTION  
FOR BRACES

TJB

TONGUE, LIP & JAW  
APPLIANCE  
FOR BRACES



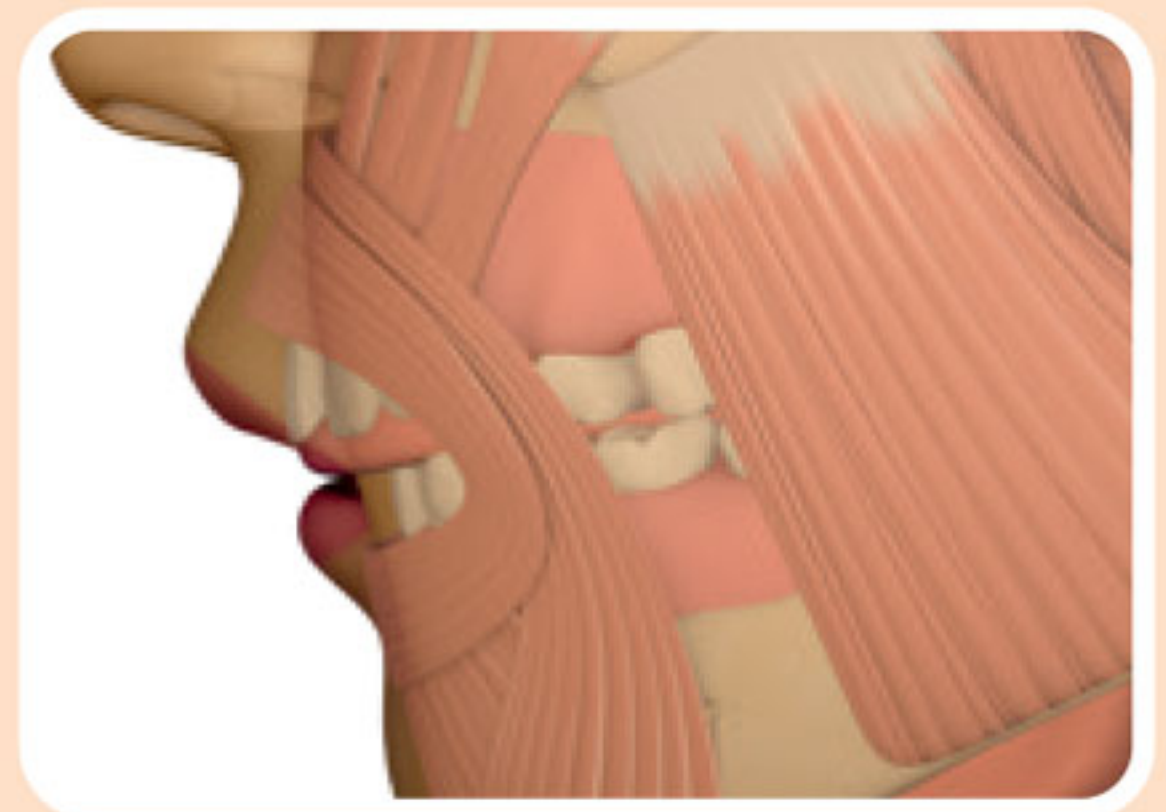
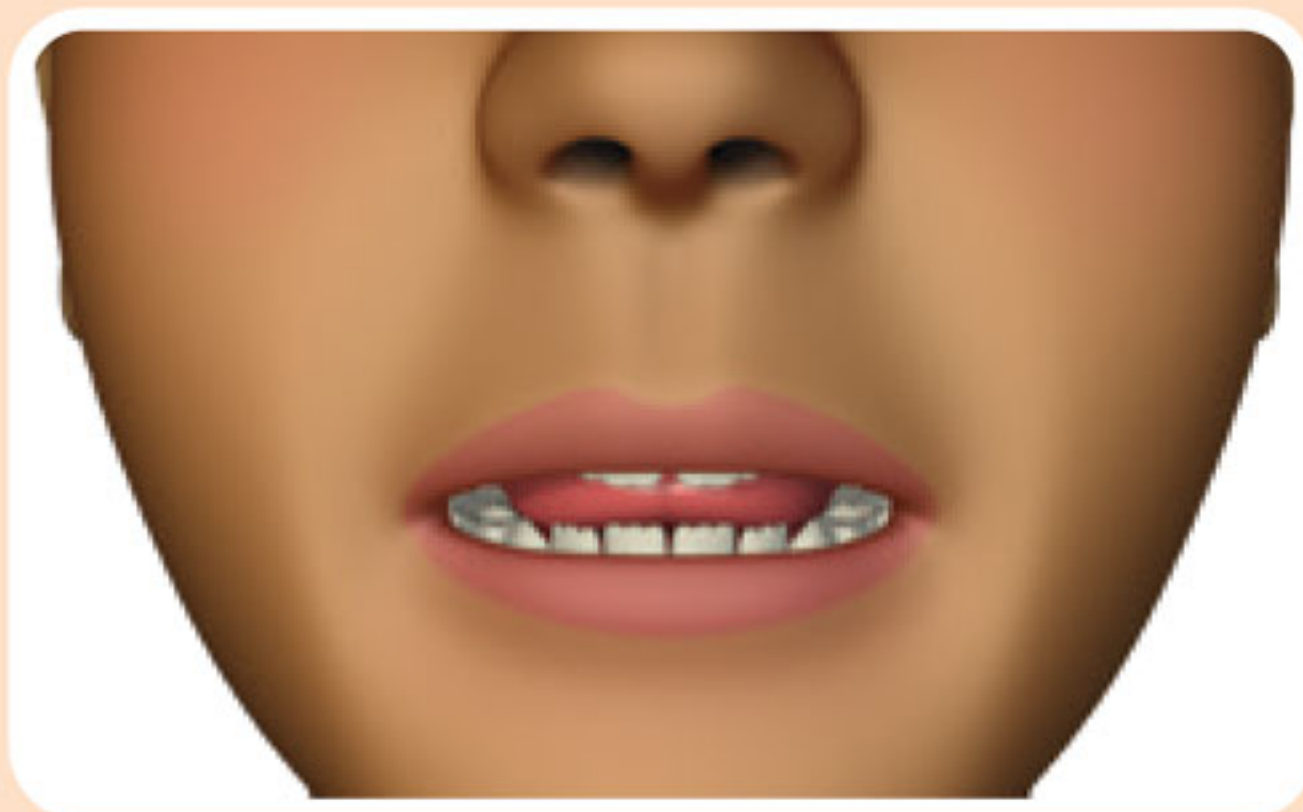
WORLDWIDE PATENTS, DETAILS AVAILABLE AT [MYORESEARCH.COM](http://MYORESEARCH.COM)



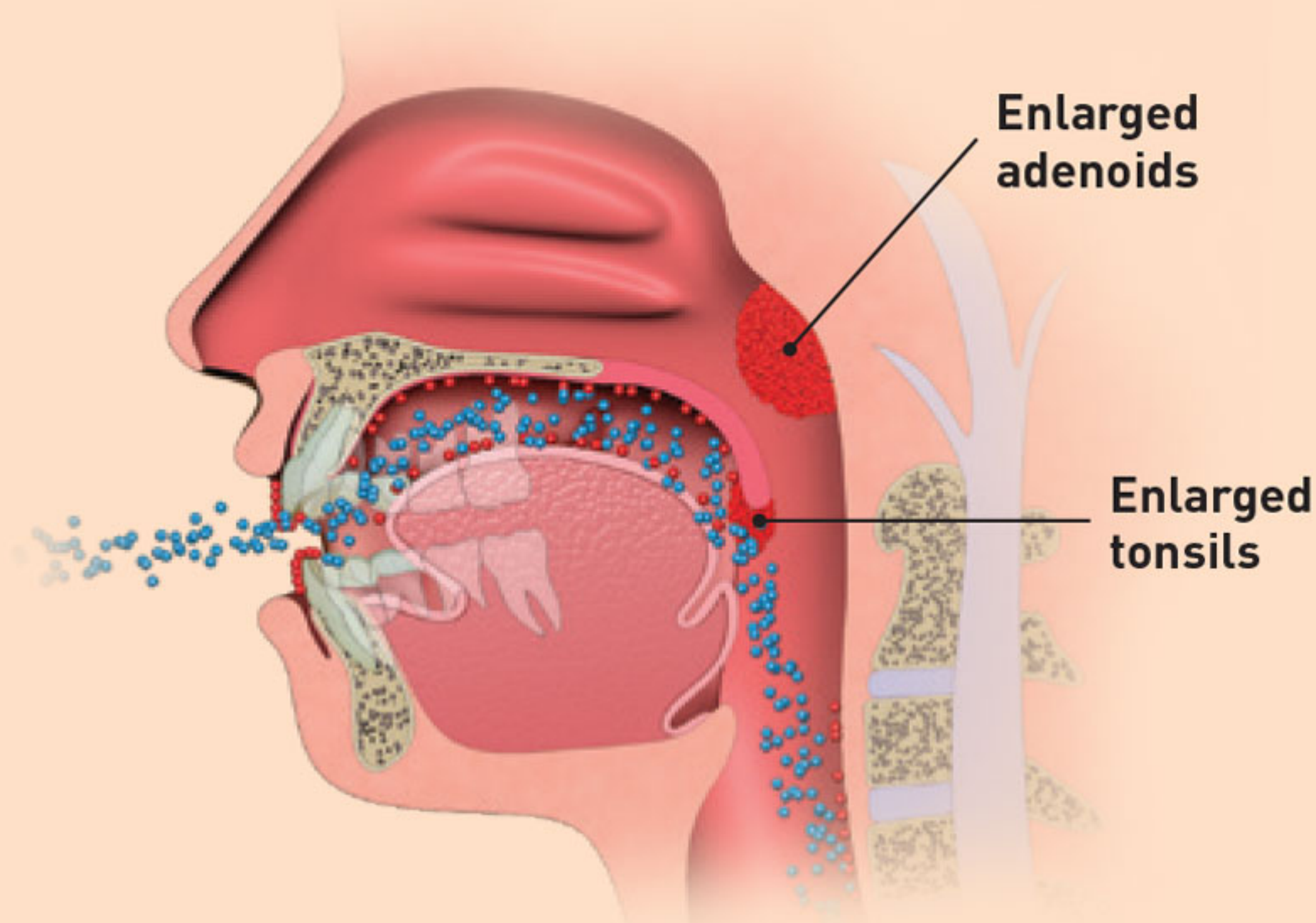
## UNDERSTANDING THE PROBLEM

Orthodontic problems are caused by many factors, one of which is mouth breathing and poor strength in the oral and facial muscles (also known as myofunctional disorder). When the oral muscles are weak and functioning incorrectly, they push on the teeth, causing them to crowd.

Orthodontic practitioners treat the muscles to make treatment less complicated and more stable. When the oral and facial muscles are working correctly, they do not interfere with orthodontic treatment and allow the braces to work more effectively. Furthermore, better stability is gained, reducing the risk of relapse.



Weak tongue, lip and jaw muscles are major contributors to crooked teeth and poor jaw development.

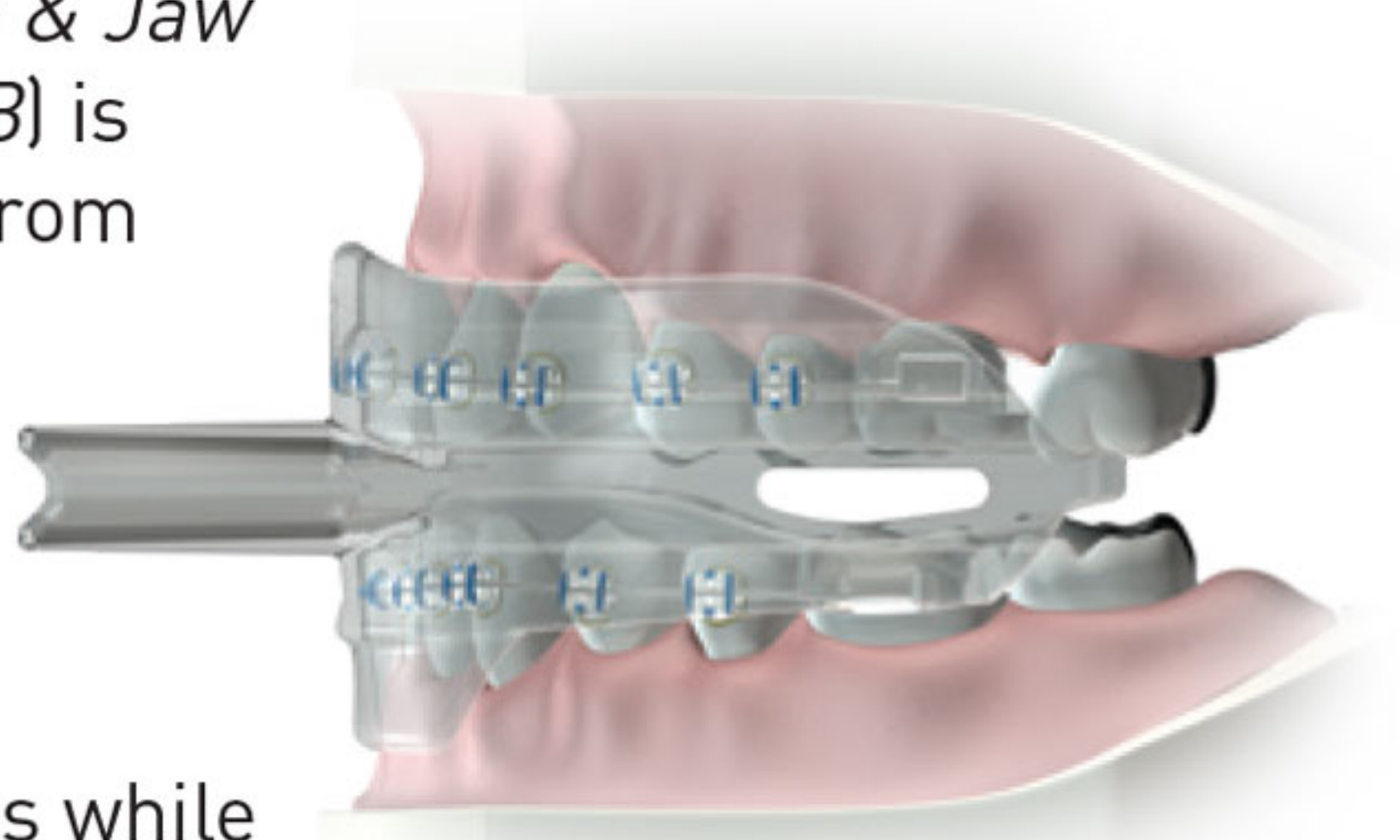


Mouth breathing and a low tongue position are the major causes of weak muscles and can be associated with airway problems such as enlarged tonsils and adenoids.

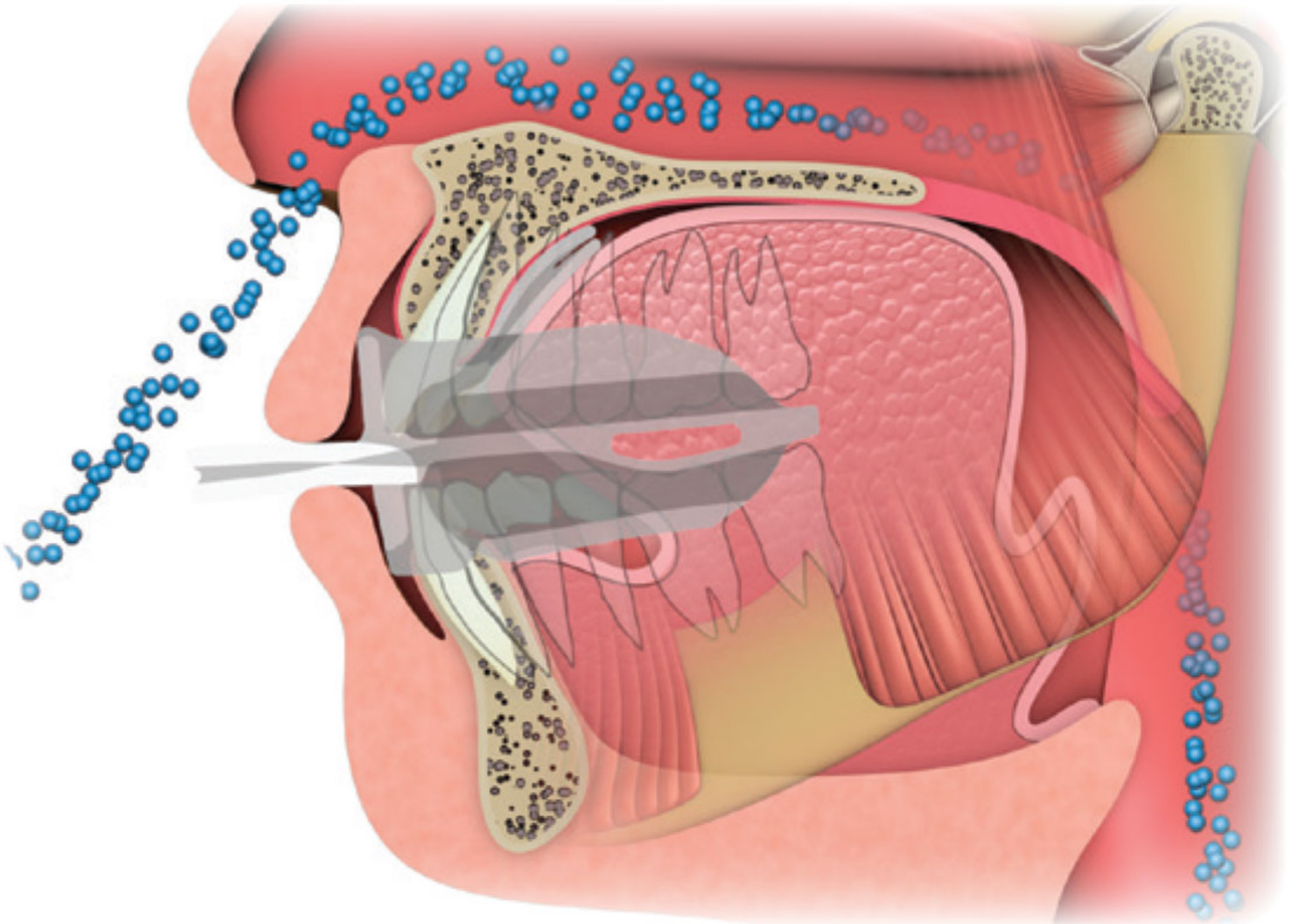


## TREATMENT WITH THE MYOTALEA® TLJB

The *Myotalea*® *Tongue, Lip & Jaw Appliance for Braces* (TLJB) is a revolutionary appliance from *Myofunctional Research Co. (MRC)*. It is the world's first active oral appliance that can be used with braces to strengthen the tongue, lip and jaw muscles while improving the transition to nasal breathing. Specific exercises also provide the unique ability to target the throat and upper airway muscles.



By doing so, the *TLJB* provides the convenience of muscle treatment while the teeth are being straightened with braces. This results in less complexity and better stability with orthodontic treatment.

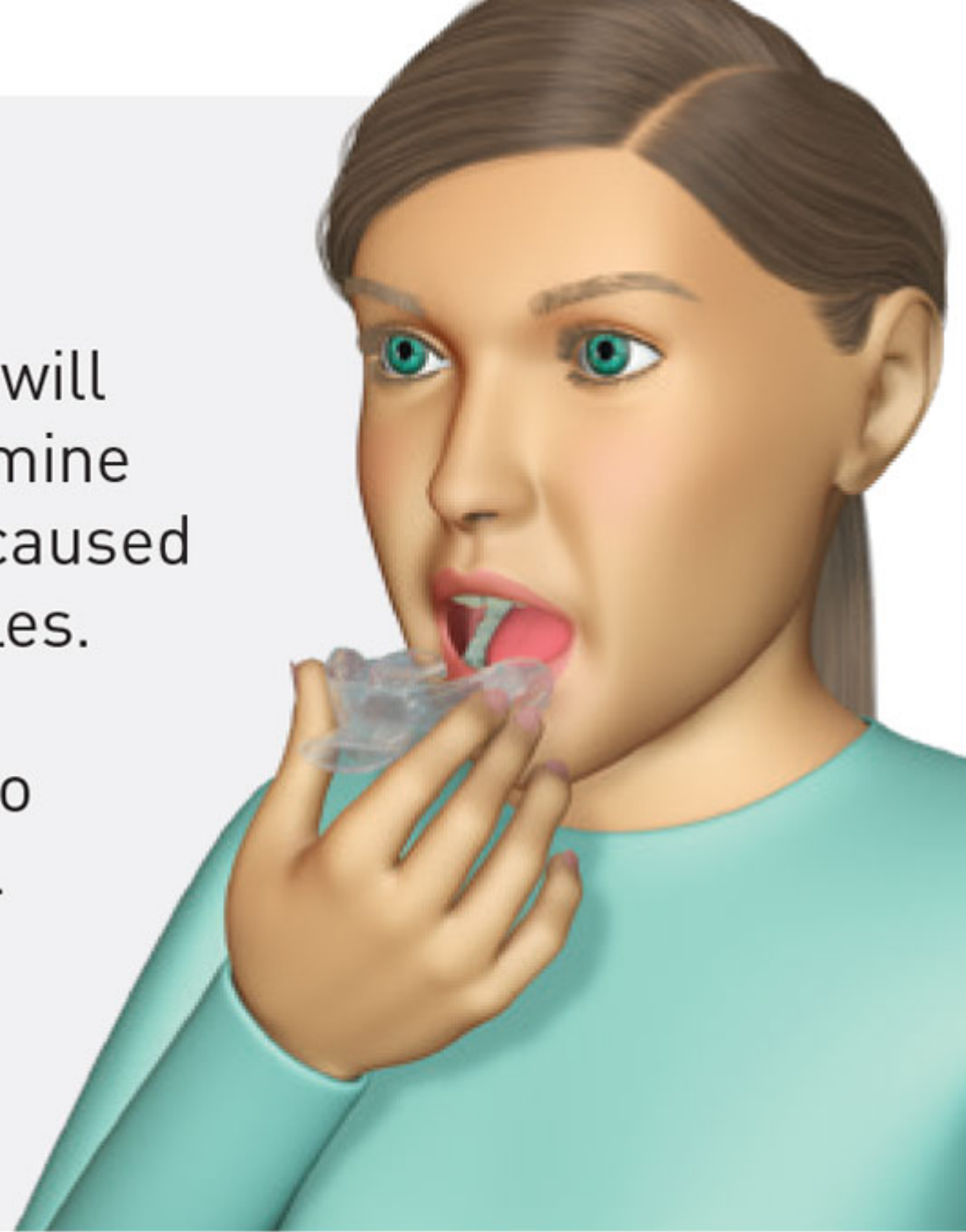


The *TLJB* enhances orthodontic treatment by helping strengthen the tongue, lip, jaw and airway muscles to facilitate the transition to nasal breathing and correct muscle patterns.



## INDICATIONS FOR USE

Your orthodontic practitioner will evaluate your case and determine whether your symptoms are caused by weak oral and facial muscles. If such a cause is confirmed, they will prescribe the *TLJB* to strengthen the oral and facial muscles as well as promote the transition to nasal breathing.

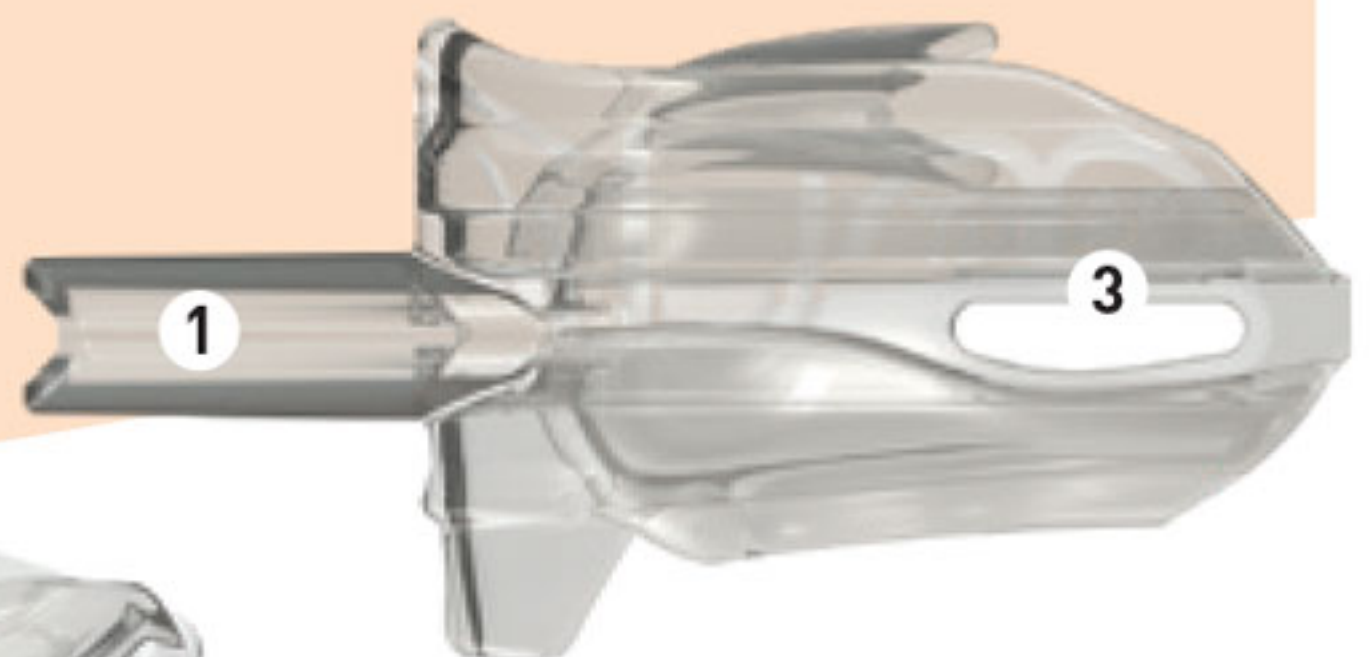


## DESIGN FEATURES

The *TLJB* has a number of purpose-built features to provide strengthening of the lip, tongue and jaw muscles in combination with braces.

- 1 Lip Press Tube** strengthens the lip muscles, which improves lip seal and the transition to nasal breathing.
- 2 Tongue Press Tube** improves tongue strength and position.
- 3 Air Springs** improve function of the jaw joints and muscles.

- 4 Braces Channels** accommodate for the space taken up by brackets and wire.



TONGUE, LIP & JAW  
APPLIANCE FOR BRACES

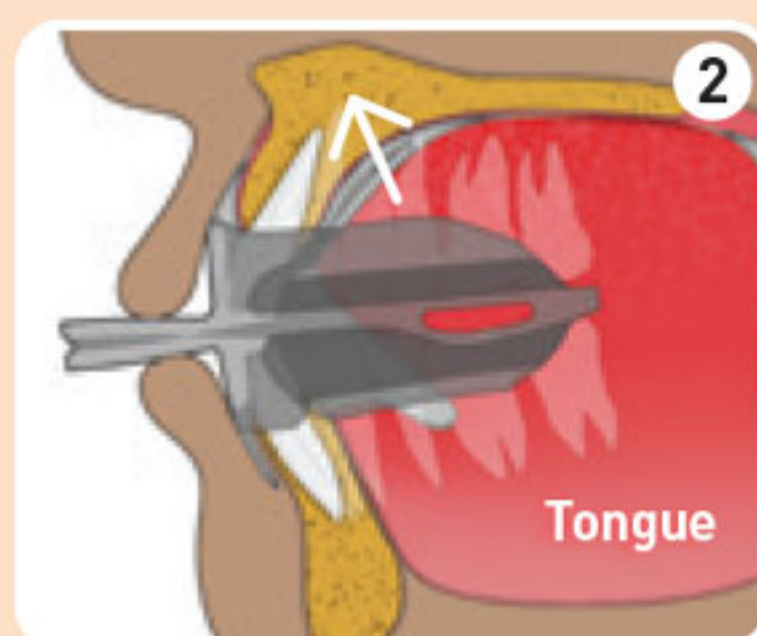
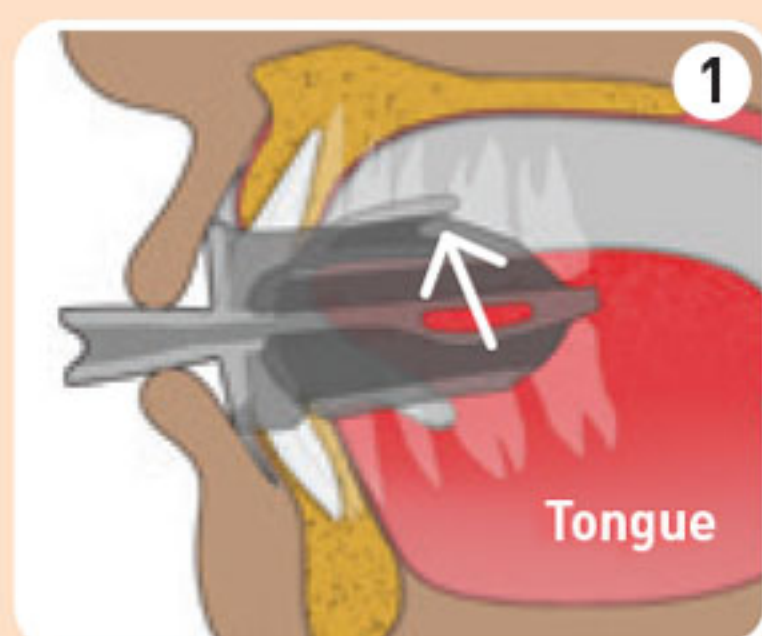


## INSTRUCTIONS FOR USE

The *TLJB* should be placed in the mouth over braces for **ten minutes, twice a day**. With a bit of practice, you can slowly build up to this time. It is important that you challenge yourself and push your muscles to fatigue for the best results. Your practitioner may instruct you on which activities to perform. **Each activity starts with the appliance in the mouth with the Tongue Press Tube facing upwards.**

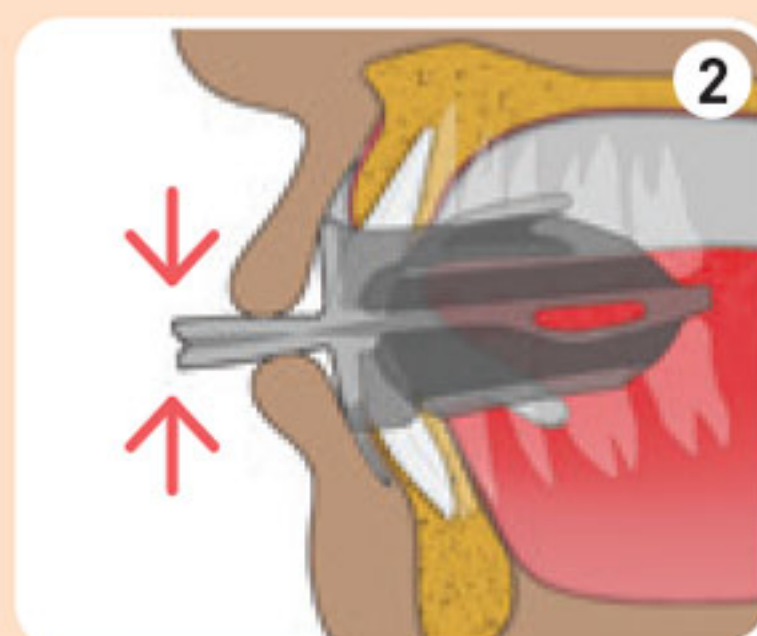
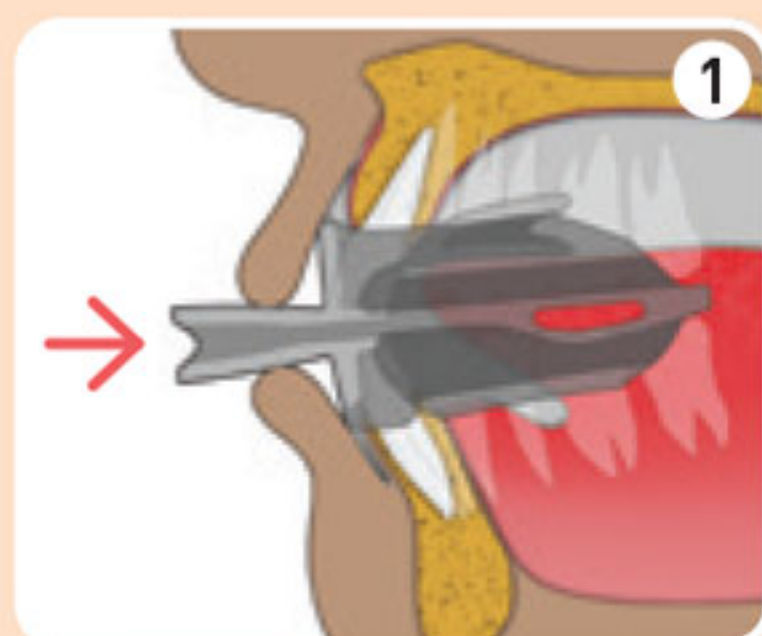
### Tongue Press

Compress the Tongue Press Tube against the roof of the mouth with your tongue and either release the tube immediately or hold it for three breaths, then release.



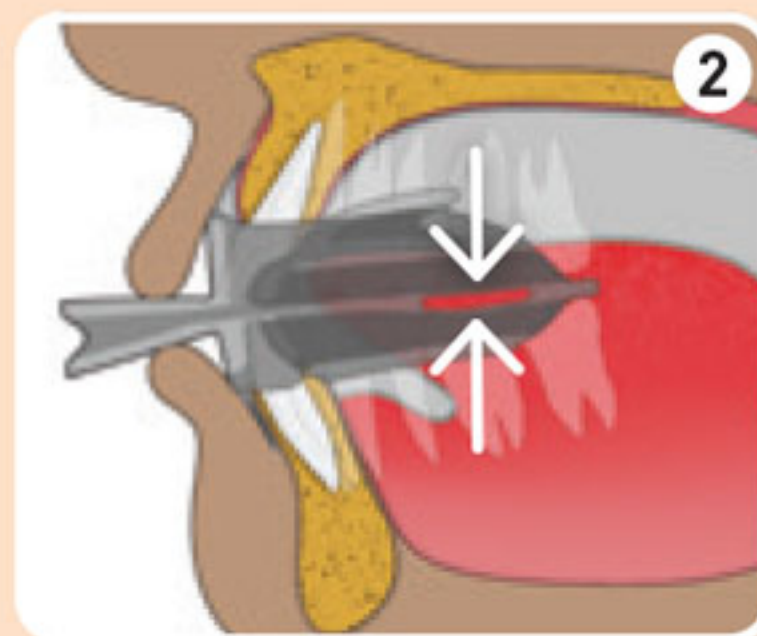
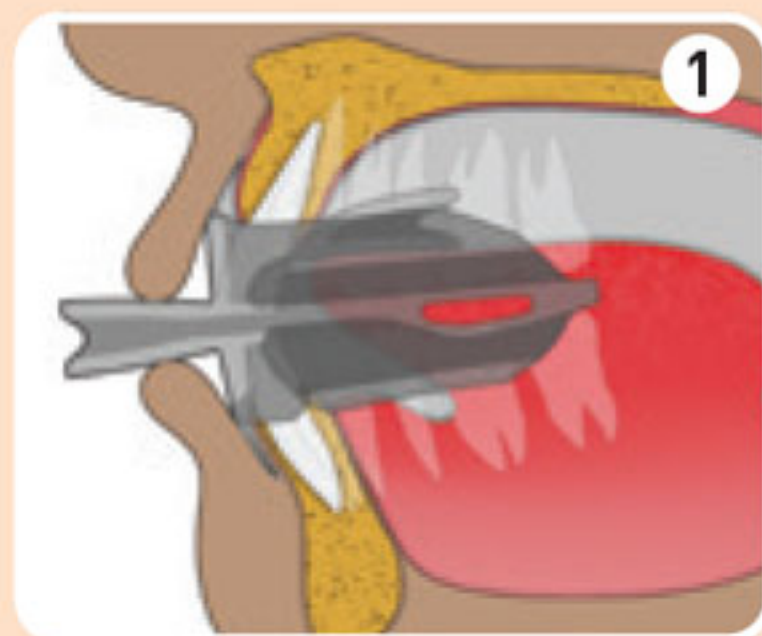
### Lip Press

Press your lips together to compress the Lip Press Tube and either release the tube immediately or hold it for three breaths, then release.



### Jaw Press

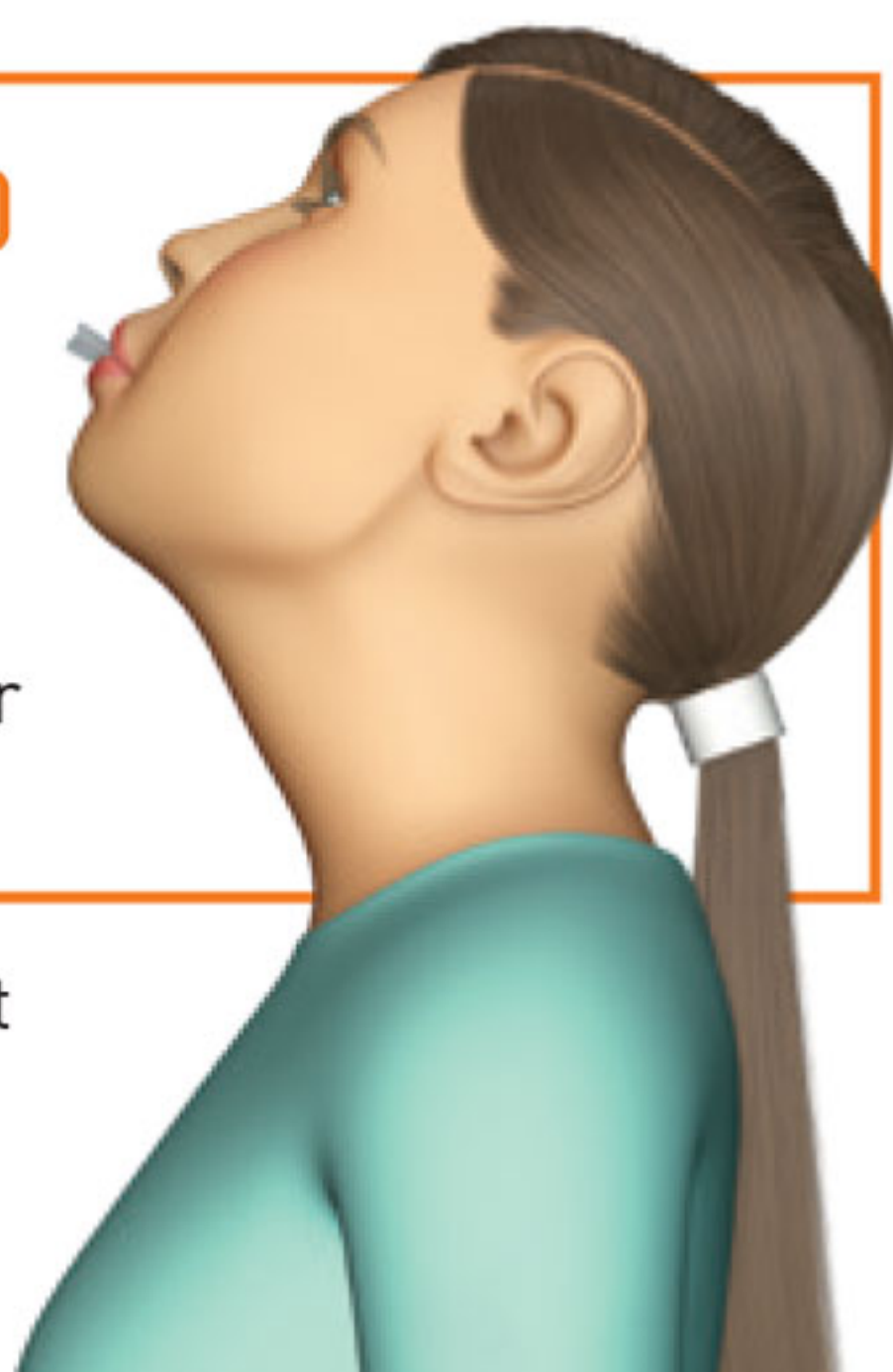
Bite together with the appliance in place to compress the Air Springs and either release immediately or hold for three breaths, then release.



### Head Tilt Variation (Advanced Technique)

Once you can comfortably perform the tongue, lip and jaw activities, repeat them with the head tilted backwards to target the muscles of the throat and airway. There should be no discomfort in the head, neck and/or jaw during this exercise. Speak to your practitioner for more information.

**Note:** If you are experiencing prolonged discomfort and difficulty in using the appliance, please speak to your practitioner as it may require trimming.





# MYOTALEA® TONGUE, LIP & JAW APPLIANCE FOR BRACES – TLJB

The *TLJB* is a revolutionary product designed by *MRC* to provide active strengthening for the tongue, lip and jaw muscles for patients wearing braces, with certain exercises helping to also strengthen the throat and airway. Previously, reducing the complexity of orthodontic treatment by treating the muscles was difficult but, with the *TLJB*, practitioners and patients are now able to gain these benefits for the first time while having their teeth straightened with braces!

## Benefits

1. Convenient and easy to use;
2. Soft and flexible material that is easy to use and adapts to most mouths;
3. Specialised braces channels allow the appliance to be used with braces;
4. Can be used in conjunction with the *Myobrace® for Braces* appliances.

**CLEANING THE *TLJB*:** Clean your *Myotalea® TLJB* appliance under warm running water every time you remove it from your mouth. Use *Myoclean™* tablets to correctly clean once every week. Ask your doctor about *Myoclean™*, the recommended cleaning agent for all *MRC* appliances.

## CAUTION: CHILDREN MUST BE SUPERVISED BY AN ADULT WHEN USING THE *TLJB*.

Ensure you follow the instructions from your practitioner.  
Lifetime use: 6 months based on everyday wear.  
Replace after 12 months regardless of wear time.



**Myotalea® by Myofunctional Research Co.**  
**Myofunctional Research Co. Australia:**  
44 Siganto Drive, Helensvale QLD 4212 Australia  
Tel: +61 7 5573 5999

### USA Representative:

**Myofunctional Research Co. USA**  
9267 Charles Smith Avenue, Rancho Cucamonga CA 91730 USA  
PO Box 2781, Rancho Cucamonga CA 91730 USA  
Tel: +1 866 550 4696



### European Representative:

**Myofunctional Research Europe B.V.**  
Gompensstraat 21c 5145 RM Waalwijk The Netherlands  
P.O. Box 718, 5140 AS Waalwijk The Netherlands  
Tel: +31 416 651 696

*Single Patient Use.*



**MYOFUNCTIONAL  
RESEARCH CO.**  
INNOVATIVE DENTAL APPLIANCE  
TECHNOLOGY AND EDUCATION

