

**ASSISTS  
CORRECTION**  
before and  
during braces

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



**TRAINER FOR BRACES**  
Class II

[www.myobrace.com](http://www.myobrace.com)

WORLDWIDE PATENTS, FOR MORE INFORMATION VISIT MYORESEARCH.COM

# DIRECTIONS FOR USE

## USE THE *T4B2* FOR ONE HOUR EACH DAY AND AT NIGHT WHEN ASLEEP

Use the *T4B2* while studying, reading, watching TV, using the computer or even while working. It is best to start using the *T4B2* as soon as braces are first fitted to your teeth. This is when you will experience the most tenderness in the teeth, gums and soft tissues of the mouth. The *T4B2* will reduce this trauma and discomfort.

- The *T4B2* can be used before orthodontic treatment to **improve jaw development**, and decrease the need for the more complex treatments.
- The *T4B2* can be used during upper fixed braces to **align the jaws**, while the braces align the teeth, and in some cases can decrease the need for lower braces. The *T4B2* can also be used in combination with other orthodontic appliances.

## T4B2 DESIGN FEATURES

### JAW POSITIONING

- 1 **Correct Jaw Position** is produced when in place. The combination of preventing tongue thrusting and changing mode of breathing assists Class II correction.
- 2 **Aerofoil-shaped Splint** reduces TMJ symptoms by decompression of the temporo-mandibular joints.

### 3 BRACES PROTECTION SYSTEM

**Braces Channels** to accommodate upper brackets and orthodontic archwire, and to protect cheeks and gums.

### MYOFUNCTIONAL EFFECT™

- 4 **Tongue Tag** for the correct positioning of the tongue tip as in myofunctional and speech therapies.
- 5 **Tongue Guard** stops tongue thrusting when in place and encourages you to breathe through your nose.
- 6 **Lip Bumpers** discourage lower lip muscle activity.

**Use every day while watching television, exercising,**

# TRAINER TIPS

The *T4B2* is designed to correct myofunctional habits by re-training the muscles of the mouth and face while assisting in the alignment of teeth and jaws.

- The *T4B2* may fall out during the night due to tongue thrust or mouthbreathing. Persist with using the appliance. If overnight use is not possible, increase daytime use.
- Ensure you use the *T4B2* on a regular, daily basis. Try and establish a routine of use. Use for the duration of your orthodontic treatment, or as directed by your dentist or orthodontist.
- Emphasise keeping the lips together when the *T4B2* is in place.
- Keep your tongue tip in the approximate position of the tongue tag even when the *T4B2* is not in use.

## DO NOT CHEW ON THE T4B2



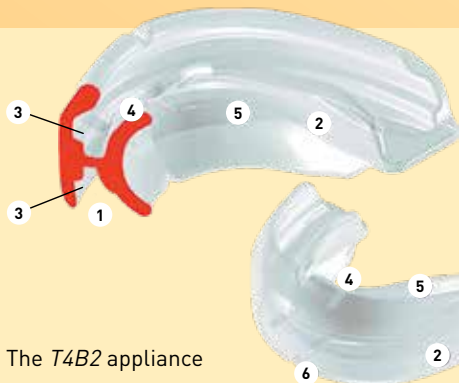
**Step 1:** Hold *T4B2* with Tongue Tag up.



**Step 2:** Place *T4B2* into your mouth.



**Step 3:** Keep tongue positioned on Tongue Tag.



The *T4B2* appliance



**Step 4:** Keep your lips together and breathe through your nose

and doing homework, plus overnight while sleeping.

# INDICATIONS FOR USE

**The *Trainer for Braces*™ Class II Correction (*T4B2*) is part of *The Trainer System*™ by *Myofunctional Research Co.***

Bad myofunctional habits such as incorrect tongue position and function plus mouth breathing are often the cause of misaligned teeth and poor jaw development.

## **The Myofunctional Effect™**

All appliances in *The Trainer System*™ are designed to re-train the oral musculature (*The Myofunctional Effect*™). This assists in the correction of tooth and jaw alignment.

The *T4B2* is designed to be used before and during braces to help correct the alignment of the upper and lower jaws. The combination of habit correction and jaw alignment of the *T4B2* improves orthodontic treatment time and stability.

**Cleaning the *T4B2*:** Clean your *T4B2* under warm running water every time you remove it from your mouth. Use *Myoclean*™ tablets to correctly clean twice every week. Ask your doctor about *Myoclean*™, the recommended cleaning agent for all *MRC* appliances.

## **CAUTION: USE ONLY UNDER THE SUPERVISION OF A LICENSED ORTHODONTIST OR DENTIST**

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



**The *Trainer System*™ by Myofunctional Research Co.**  
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**MYOFUNCTIONAL  
RESEARCH CO.**  
INNOVATIVE DENTAL APPLIANCE  
TECHNOLOGY AND EDUCATION

*Single Patient Use.*



KEEP OUT  
OF DIRECT  
SUNLIGHT



CLEAN  
BEFORE USE