

Case study using the MRC TRAINER:



- Crowding caused by underdevelopment of lower jaw.
- Incorrect swallowing habits are the cause.
- Mouth breathing limits facial development.



- Teeth straightened by developing lower jaw.
- Facial improvement by changing mode of breathing.
- Passive arch expansion due to change in tongue position.

The steps for correct dental and facial development:

- **Lips together** at all times except when speaking.
- **Breathe through the nose**, to assist the development of the upper and lower jaws, and to achieve the correct bite.
- **No lip activity when swallowing**, which allows the front teeth to develop correctly.



For the TRAINER System™ to work the child must change their poor oral habits. The child can achieve great results by following these simple steps and wearing the TRAINER appliance for 1 to 2 hours per day and overnight while sleeping. With good compliance braces and extractions can be avoided. **Start early for best results.**

Your child has crooked teeth.

What are the treatment options?



For more information, visit www.myobrace.com

1301.ENG.07/11

**IMPORTANT
INFORMATION FOR
ALL PARENTS**

PATIENTS AGED
5 TO 8 YEARS

What causes orthodontic problems?

The majority of our children will develop crowded teeth and incorrect jaw alignment. Modern research has shown that mouth breathing, tongue thrusting, reverse swallowing and thumb sucking – known as incorrect myofunctional habits – are the real causes of crooked teeth. These habits limit the development of the child's jaws and face resulting in orthodontic problems. These causes cannot be corrected with fixed braces.

For more information, visit www.aso.org.au/Docs/Orthodontics/Risks

Is orthodontics with braces the only treatment option?

Myofunctional Research Co. (MRC) was founded in 1989 by Dr Chris Farrell (BDS Sydney) to develop a more effective option for the growing child with orthodontic problems. The appliances by MRC are designed not only to straighten teeth, but also to treat the underlying causes of crooked teeth by correcting poor oral habits such as mouth breathing, tongue thrust and incorrect swallowing patterns.

Unlike traditional orthodontics, the primary goal of MRC's approach to treatment is to achieve straight teeth for life – often without the need for braces or retainers. Treating the causes of crooked teeth also improves general health and allows children to realise their maximum genetic potential. The technique requires more active effort by the child than braces, but can have far greater benefits.

Your Doctor can tell you more, or visit myobrace.com for more information.

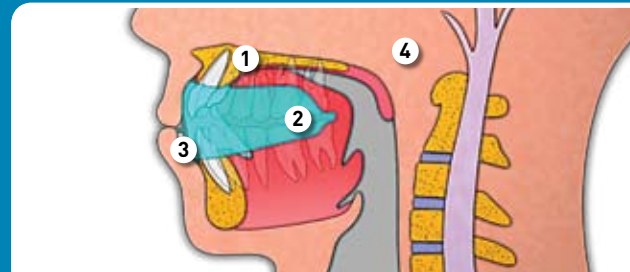
How does the TRAINER System™ work?

The Trainer System™ is comprised of a series of MRC Appliances (TRAINERS) designed to re-train the oral musculature and assist in guiding the erupting teeth.

These appliances actively align the teeth and jaws by:

- Teaching the tongue to sit in the correct position in the upper jaw.
- Assisting in correcting swallowing patterns that cause the teeth to be crowded.
- Training the patient to breathe through the nose – an essential for facial development and general health and wellbeing.

MRC Trainer System™ appliances are also designed to impart light forces on crooked teeth – daily use straightens the front teeth, helping to produce a wider arch form, all while improving facial development by removing bad influences on your child's growth potential.



Wearing a TRAINER:

- | | |
|-----------------------------|--|
| 1 Corrects tongue position | 3 Prevents mouth breathing |
| 2 Aligns the teeth and jaws | 4 Improves dental and facial development |

Normal vs Crowded teeth

The function of the tongue, cheeks and lips determines tooth position. Correct facial growth depends on correct function and breathing patterns.



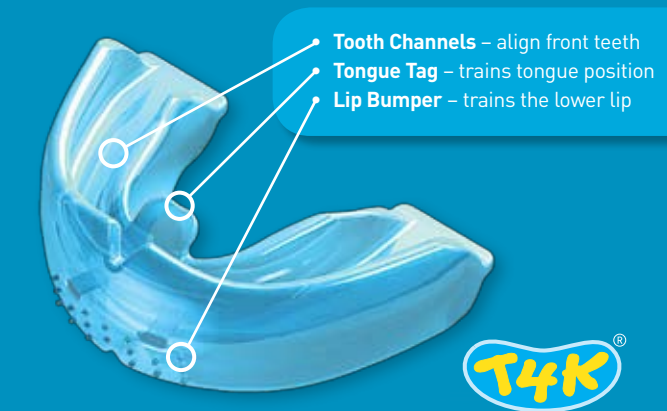
CROWDED
UPPER ARCH

NORMAL
UPPER ARCH

NOTE: TOOTH SIZE HAS NOT CHANGED

T4K® Appliance

Treats the causes of crooked teeth and poor jaw growth by correcting bad oral habits.



T4K®

All MRC TRAINER System™ appliances must be used daily for 1 to 2 hours plus overnight while sleeping.