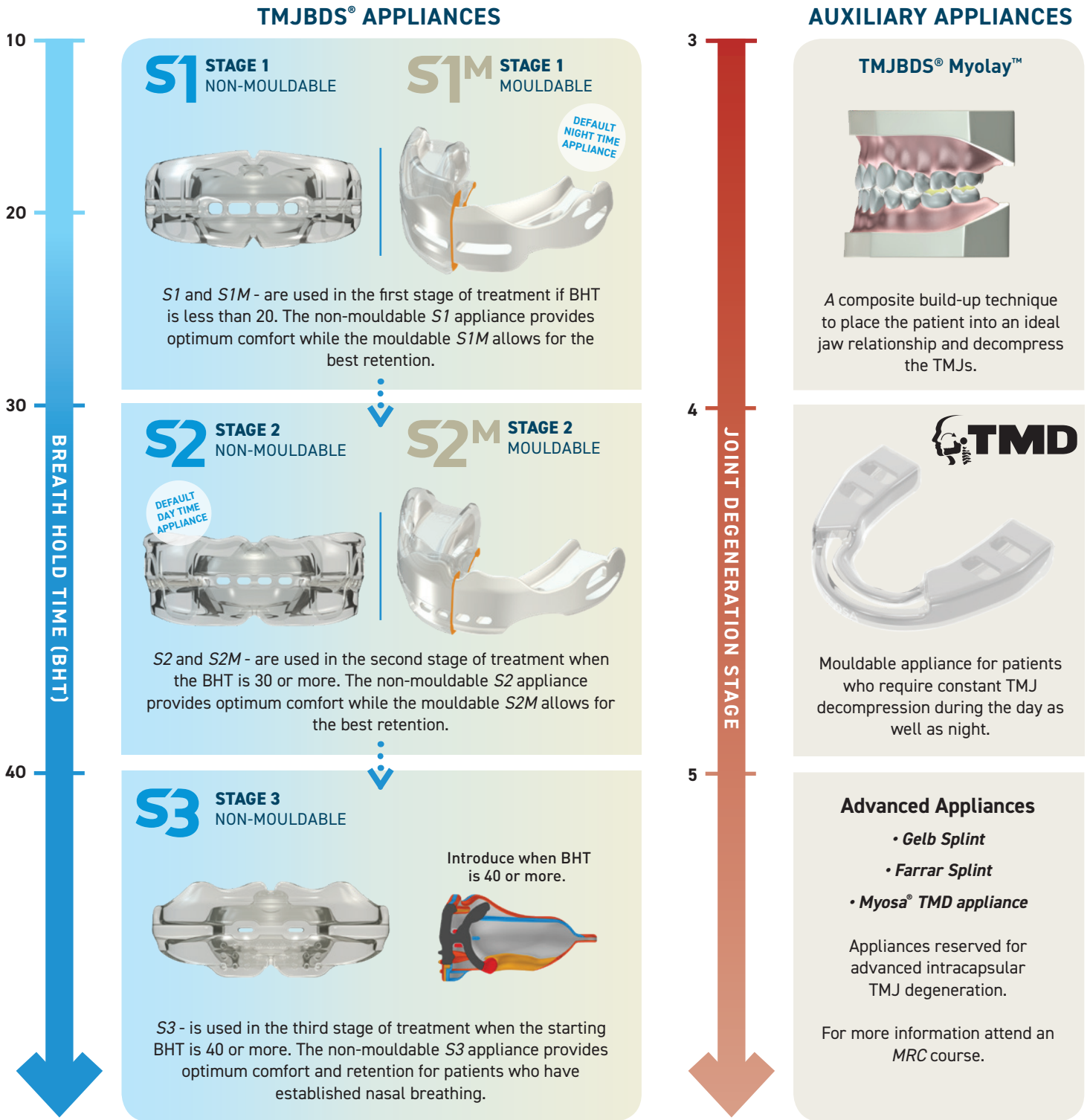


MYOSA® FOR TMJBDS® - APPLIANCE SEQUENCE

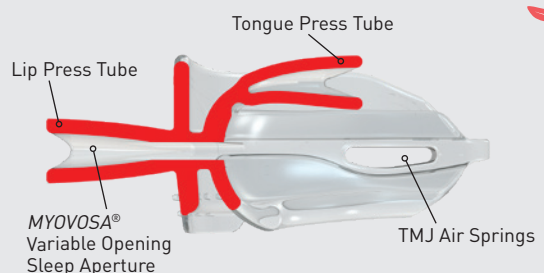
The *TMJBDS*® appliances are used based on a combination of the patient's ability to retain the appliances overnight, severity of their breathing dysfunction and their performance of Breath Hold Time activity (BHT). Mouldable varieties are used if the patient cannot retain the appliances overnight. Auxiliary appliances that aid treatment are based on the level of the patient's joint degeneration and serve as adjuncts to the use of the *TMJBDS*® appliances. The full protocol is outlined in *MRC*'s courses and attendance is highly recommended.



ADJUNCTIVE APPLIANCE USED THROUGHOUT TREATMENT

Myotalea® TLJ

The *TLJ* appliance is an active myofunctional exercise appliance which supplements the *TMJBDS*® exercises and is specifically targeted at improving strength and tone of the tongue, lip, jaw and throat muscles.



MYOSA® APPLIANCES ARE TO BE USED FOR ONE HOUR EACH DAY AND WHILE SLEEPING.