

**myoTALEA**<sup>®</sup>  
TONGUE AND LIP  
EXERCISE APPLIANCE

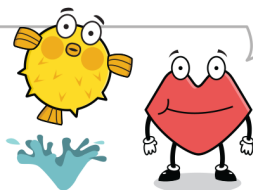
TWO APPLIANCES  
IN ONE

**Lip**<sup>™</sup>  
trainer.

Lip<sup>+</sup>  
seal  
trainer.



IMPROVES  
**LIP STRENGTH & LIP SEAL**



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

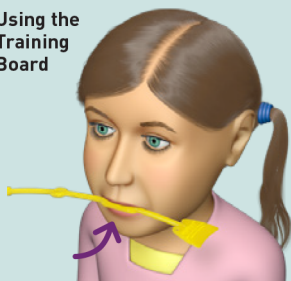
PATENTS PENDING WORLDWIDE, FOR MORE INFORMATION VISIT MYORESEARCH.COM

The *Lip Seal Trainer* has dual purpose, serving as a standalone device as well as a tether for the *Lip Trainer*<sup>™</sup>

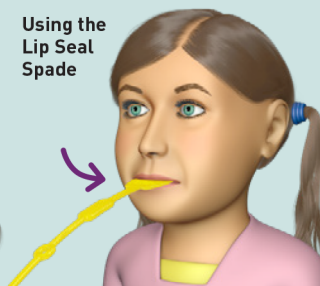
### Multiuse of the *Lip Seal Trainer*

The *Lip Seal Trainer* assists in training the lips to stay together and improve lip strength. This is essential for the correction of chronic mouth breathing. For children with poor lip seal and open mouth posture, the device includes features which allow progression of lip competency. The Training Board feature can be used as a starting point for the first month before progressing to the Lip Seal Spade.

Using the Training Board



Using the Lip Seal Spade

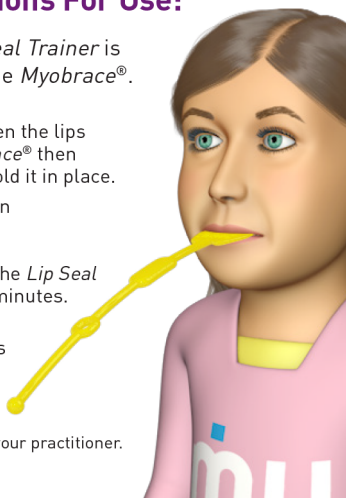


### *Lip Seal Trainer* Indications For Use:

It is recommended that the *Lip Seal Trainer* is firstly used in combination with the *Myobrace*<sup>®</sup>.

- 1 Place the *Lip Seal Trainer* between the lips with the end touching the *Myobrace*<sup>®</sup> then lightly close the lips enough to hold it in place. Continue this for 10 minutes when you are wearing the *Myobrace*<sup>®</sup>.
- 2 Remove the *Myobrace*<sup>®</sup> and use the *Lip Seal Trainer* on its own for another 2 minutes. Combine with 5 minutes of *Lip Trainer*<sup>™</sup> use, twice daily, or as instructed by your practitioner.

These instructions may vary based on your individual needs as indicated by your practitioner.





LIP STRENGTH

*The Lip Trainer™ is designed to be used in conjunction with other appliances in the Trainer, Myobrace® & Myosa® Systems.*

Mouth breathing children cannot close their lips without a lot of strained lip activity which is detrimental to jaw growth.

The Lip Trainer™ improves and helps to obtain lip seal, while strengthening and stretching the lower lip muscles to reduce their overactivity when swallowing.

### Strap-Tether

Attaches to the Lip Trainer™ and has dual purpose when used as a Lip Seal Trainer

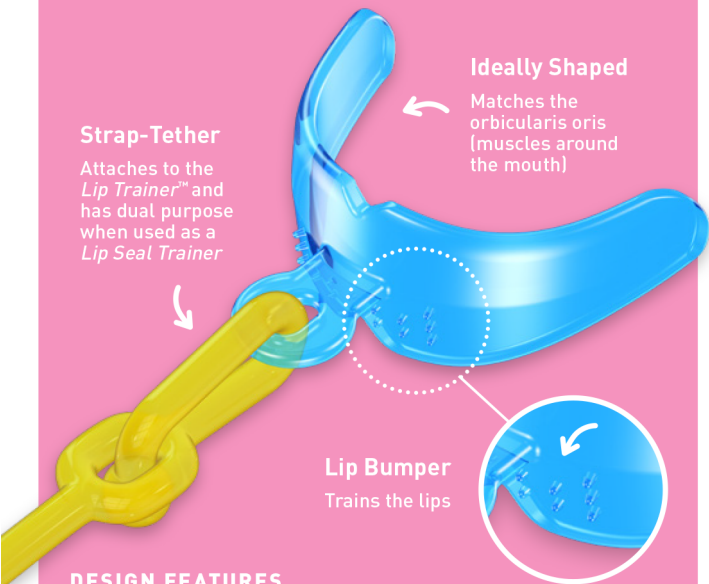
### Ideally Shaped

Matches the orbicularis oris (muscles around the mouth)

### Lip Bumper

Trains the lips

DESIGN FEATURES



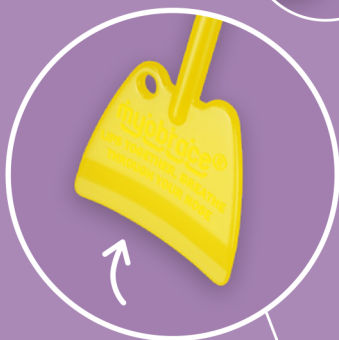


LIP SEAL

The *Lip Seal Trainer* is designed to be used in combination with the *Lip Trainer*<sup>™</sup> to improve lip seal, strengthen lip muscles & stretch the lower lip muscles to reduce their overactivity on swallow.

### Dual Use

Acts as a Strap-Tether with the *Lip Trainer*<sup>™</sup>



### Lip Seal Spade

Trains the lips to stay together at rest. Use only when competent with Training Board

### Training Board

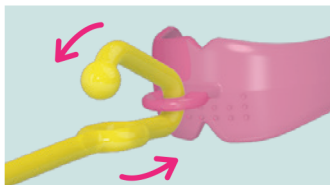
Can be used to start training the lips to stay together at rest



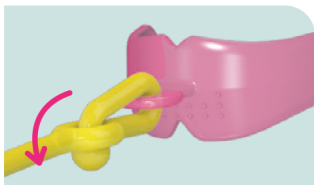
DESIGN FEATURES

## Lip Trainer™ Indications For Use:

The *Lip Trainer™* should be used for 5 minutes twice daily.



- 1** Attach the strap to the *Lip Trainer™* by pushing it upward through the hole on the front of the appliance.



- 2** Then push it downward through the hole on the strap. Pull on the end of the strap to secure it in place.

- 3** Insert the *Lip Trainer™* with the lip bumpers on the lower side.



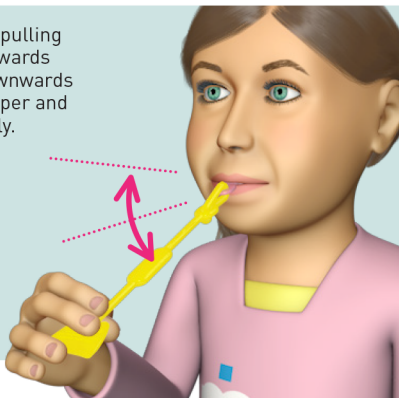
- 4** Close lips over the *Lip Trainer™*, hold the strap and pull on it horizontally while keeping the lips squeezed tightly together.

If the *Lip Trainer™* falls out, place it back into the mouth and use just enough force for the lips to hold the *Lip Trainer™* in place.



- 5** Vary the exercise by pulling the strap slightly upwards and then slightly downwards to strengthen the upper and lower lips individually.

Repeat this exercise for 5 minutes.



USE FOR  
5 MINUTES  
TWICE  
PER DAY

# The Lip Trainer™ & Lip Seal Trainer are used with The Myobrace® & Myosa® System by MRC

Modern research has shown that mouth breathing, incorrect tongue position and swallowing habits cause misaligned teeth and poor jaw development. One of the most important ways to correct this is by keeping the lips together and breathing through the nose. Although *The Myobrace® System* addresses those habits, most children will need additional exercises to achieve this goal.

The *Myotalea® Lip Trainer™* is used to stretch and strengthen the lip muscles, while the *Lip Seal Trainer* teaches the lips to stay together at all times when not speaking.

## Correct jaw development requires the lips to stay together.

A mouth breathing child will not develop their jaws correctly, resulting in a longer face and crowded teeth. Also, the medical profession has shown this leads to sleep-related health problems.

By keeping the lips together, the tongue assists correct growth and the lips no longer restrict lower jaw growth. The *Lip Trainer™* can be used for patients of any age, in combination with the *Trainer* or *Myobrace®* and *Myotalea® Systems*.

**CLEANING THE LIP TRAINER™:** Clean your *Lip Trainer™* 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 LIP TRAINER™.

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

