

T2J

**TONGUE, LIP & JAW
APPLIANCE**

**STRENGTHENS
TONGUE MUSCLES**

**STRENGTHENS
THE LIP MUSCLES**

**IMPROVES
LIP SEAL**

**ASSISTS IN
ESTABLISHING NASAL
BREATHING**



myoTALEA[®]
TONGUE AND LIP
EXERCISE APPLIANCE

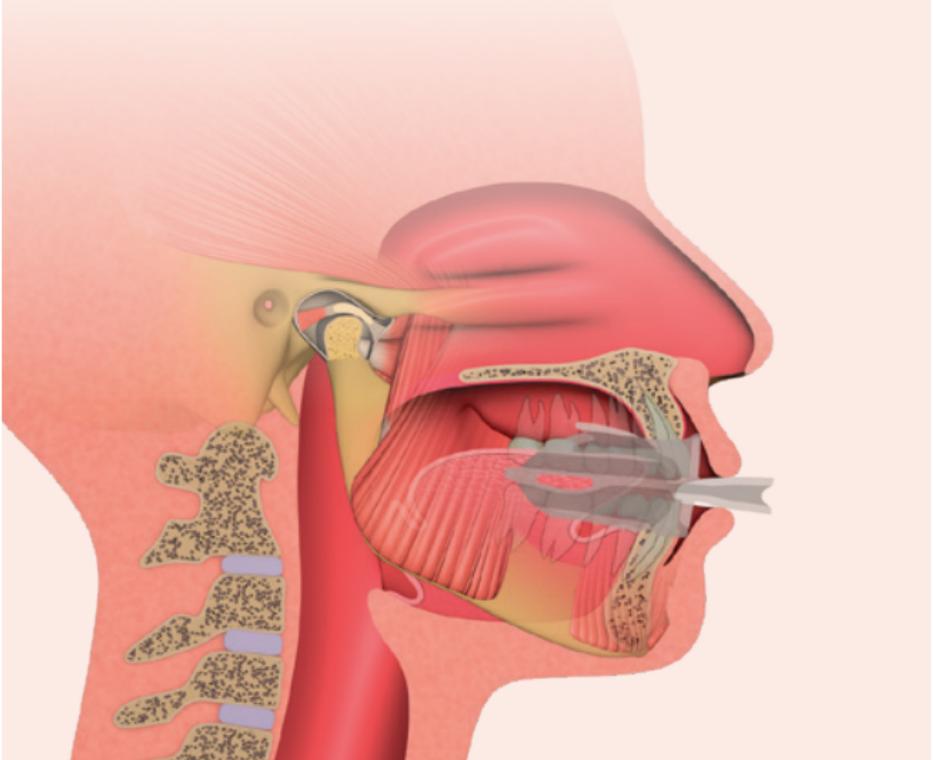
UNDERSTANDING THE PROBLEM

Patients with orthodontic, jaw, breathing and sleep problems lack sufficient strength in the tongue, lip and jaw muscles. These muscles need to be strengthened to resolve the underlying causes of sleep-related breathing problems.

The *Myotalea*® *TLJ* appliance is an active myofunctional appliance used for strengthening the tongue, lip and jaw muscles. Additional exercises also target the throat and airway muscles, which are typically weak in patients who show symptoms of Breathing and Disordered Sleep (BDS). This is an essential part of myofunctional orthodontic, airway and breathing treatments.

The *TLJ* has numerous features that will aid in the correction of dysfunctional soft tissue habits including the following:

- Habitual mouth breathing;
- Lips apart rest posture;
- Low tongue rest posture;
- Incorrect swallowing pattern;
- Lack of strength in throat and airway muscles.



TREATMENT WITH MYOTALEA® TLJ

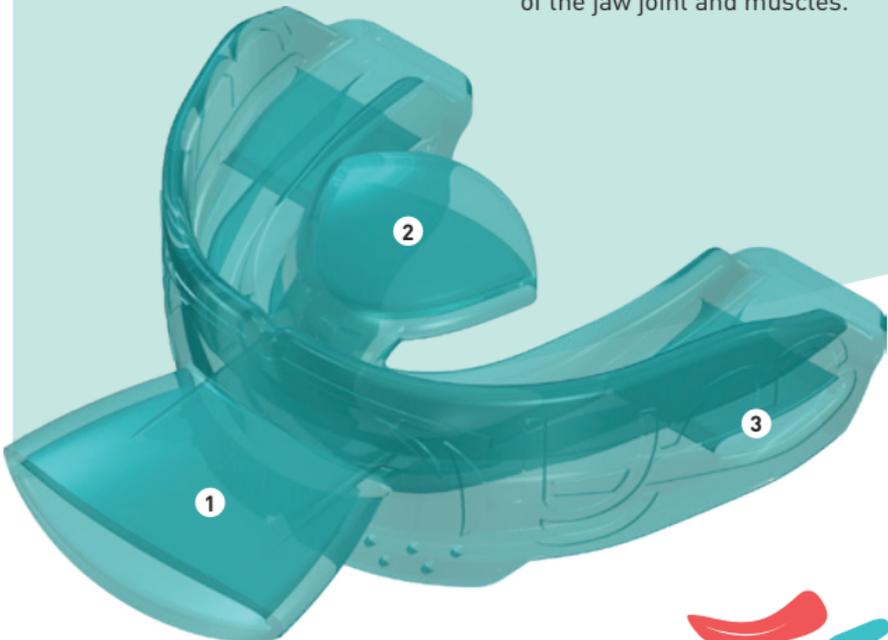
Malocclusion, sleep-related breathing problems and jaw joint disorders are all indications of poor orofacial muscle strength. These tongue, lip, jaw, throat and airway muscles are typically underused during growth years, which subsequently affects growth and development.

Patients who suffer from Breathing and Disordered Sleep (BDS) or temporomandibular joint (TMJ) disorders are often mouth breathers. Habitual mouth breathing and poor muscle tone leads to airway collapse while the patient sleeps and must be addressed to achieve long-term symptom relief.

The *Myotalea*® TLJ is to be used as an aid in alleviating sleep-related breathing problems.

DESIGN FEATURES

- 1 **Lip press tube** strengthens the lip muscles, which improves lip seal and nasal breathing.
- 2 **Tongue press tube** improves tongue strength and position.
- 3 **Air springs** improve function of the jaw joint and muscles.



TONGUE, LIP & JAW APPLIANCE



INSTRUCTIONS FOR USE

It is recommended that the *TLJ* appliance is initially used for approximately **3 minutes twice a day** to gain the full benefits of its exercising features. This simple sequence will aid in developing better muscle strength and tone. Build up to the recommended time durations based on your current functional abilities. It is important that you challenge yourself and push your muscles to fatigue to start building strength and tone.

TONGUE

Tongue Press & Hold

- Place the *TLJ* appliance in the mouth with the tongue press tube facing upwards.
- Compress the tongue press tube between the tongue and the roof of the mouth.
- Hold for 3 breaths while keeping the lips together and breathing lightly through the nose.
- Head tilt variation*

LIPS

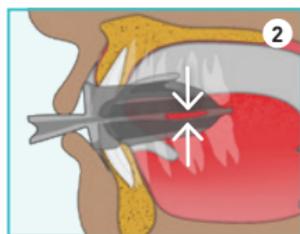
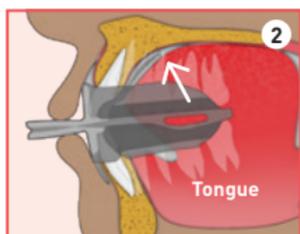
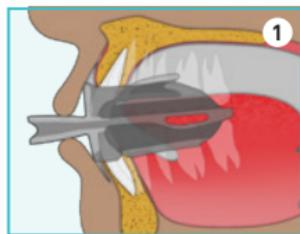
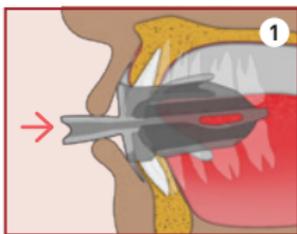
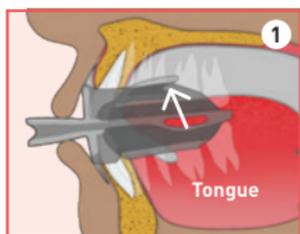
Lip Press & Hold

- Place the *TLJ* appliance in the mouth with the lip press tube between the lips.
- Press lips firmly together and compress the lip press tube in the process.
- Hold for 3 breaths while keeping the lips together and breathing lightly through the nose.
- Head tilt variation*

JAW

Jaw Press & Hold

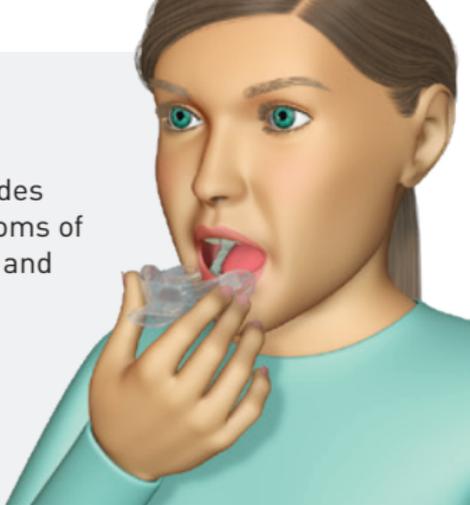
- Place the *TLJ* appliance in the mouth with the teeth comfortably placed.
- Lightly bite down on both sides of the appliance to compress air springs.
- Hold for 3 breaths while keeping the lips together and breathing lightly through the nose.
- Head tilt variation*



***Head tilt variation:** Tilt the head backwards while performing exercises to improve strength in the throat and airway muscles.

INDICATIONS FOR USE

The *Myotalea*® TLJ appliance provides treatment for patients with symptoms of sleep-related breathing disorders and jaw joint dysfunction. Patients who present poor muscle tone in the tongue, lip, jaw, throat or airway areas are suitable for *Myotalea*® treatment.



FLOW SEQUENCE

If advised by your practitioner, these exercises can be combined to form an exercise flow sequence as follows:

Simultaneous
Tongue Press & Hold
+ Lip Press & Hold
(3 breaths)



Tongue Press & Hold
(3 sets)



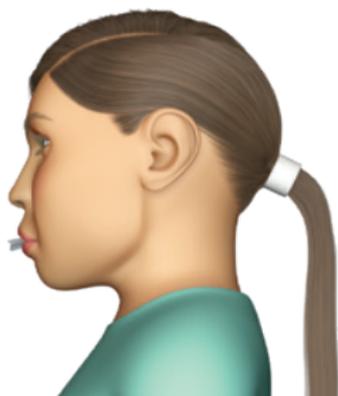
Lip Press & Hold
(3 sets)



Jaw Press & Hold
(3 sets)

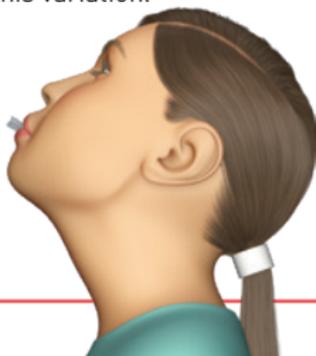


Simultaneous
Tongue Press & Hold
+ Lip Press & Hold
(3 breaths)



Head Tilt Variation (Advanced Technique):

Repeat the steps with the head tilt posture. There should be no discomfort in head, neck and jaws during this variation.



DESIGN FEATURES

- **Lip press tube** strengthens the lip muscles, which improves lip seal and encourages nasal breathing.
- **Tongue press tube** improves tongue strength and position through elevation and compression techniques.
- **Air springs** improve the function of the jaw joints and muscles.
- **Anterior lip bumpers** discourage overactive muscles in the chin and lip area and can assist in establishing correct swallowing habits.
- **Tongue elevators** encourage the tongue to remain in the correct elevated position.
- **The Myotalea® TLJ appliance** is effective for both isometric and isotonic exercising of the orofacial musculature.

Cleaning your TLJ: Run your *Myotalea® TLJ* appliance under warm water every time you remove it from your mouth and allow it to dry. We recommend using *Myoclean™* tablets for all your oral appliances twice a week. Ask your practitioner about *Myoclean™*.

CAUTION: CHILDREN MUST BE SUPERVISED BY AN ADULT WHEN USING THE TLJ.

Lifetime use: 6 months based on everyday wear. Replace after 12 months regardless of wear time. At the first signs of appliance cracking, damage or discolouration, speak to your health practitioner.



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MYOFUNCTIONAL RESEARCH CO.

INNOVATIVE DENTAL APPLIANCE TECHNOLOGY AND EDUCATION



SINGLE PATIENT
MULTIPLE USE



KEEP OUT
OF DIRECT
SUNLIGHT



CLEAN
BEFORE USE