TONGUE & LIP PRESS

TLP

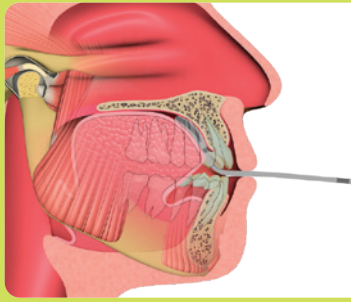
SOFT VERSION
TLP-S

myoTALEA®

PATENTS PENDING WORLDWIDE,
FOR MORE INFORMATION VISIT MYORESEARCH.COM

The ***Myotalea® Tongue & Lip Press (TLP)*** has been designed to strengthen and tone the key muscles of the mouth and lips. Furthermore, the *Myotalea® TLP* targets the oropharyngeal muscles that are directly involved in keeping the upper airway open, working to improve its patency during sleep.

The *Myotalea® TLP* can be used with a head tilt postural variation to directly target and engage the key muscles of the neck and throat that are prone to collapsing during sleep-related breathing disorders.



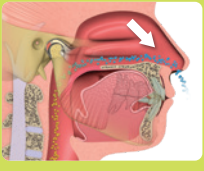
Tongue Press

myoTALEA®
TONGUE AND LIP EXERCISE APPLIANCE

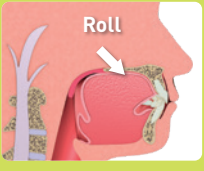
Myotalea® is a range of myofunctional appliances that are used to assist in the correction of poor oral habits. The appliances can be used in conjunction with the *Myobrace*® and *Myosa*® treatment systems. The *Myotalea*® *TLP* helps to increase muscle strength, maintain the correct tongue resting position and establish adequate lip seal. This appliance has two firm levels - soft and hard, allowing for a smoother progression as muscle strength develops. Exercises are used to achieve the required outcome.

The *Myotalea*® *TLP* is designed specifically to improve lip and tongue strength, which aids in the correction of poor oral habits, including:

- Mouth breathing
- Low tongue resting position
- Incorrect swallowing pattern
- Lips apart at rest



Correct breathing



Correct swallowing

Cleaning your *TLP*: Run your *Myotalea*® *TLP* 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*™.

DESIGN FEATURES

- Handle with strap tether hole can be used to attach to other devices.
- Strengthens the tongue and lips, allowing for improved muscle function.
- Made from medical grade silicone and available in two strength levels.

USE FOR 5 MINUTES TWICE PER DAY

TLP

TONGUE & LIP PRESS

Flow Sequence

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

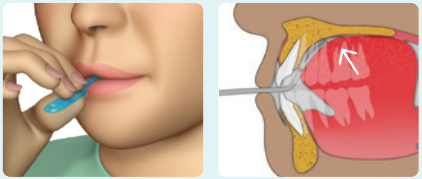
Tongue Press & Hold (5 breaths) → Active Tongue Press (5 sets) → Tongue Press & Hold (5 breaths) → Lip Press & Hold (5 breaths) → Active Lip Press (5 sets) → Lip Press & Hold (5 breaths)

Head Tilt Variation

Repeat below sequence with **head tilt posture**. There should be no discomfort in head, neck or jaws during this variation.

INDICATIONS FOR USE

The *Myotalea® TLP* is to be used as an aid in alleviating sleep-related breathing disorders; the simple sequence will assist in developing better muscle strength and tone. It is recommended to build up to the required time durations based on current functional abilities and push the muscles to fatigue in order to build strength and tone.



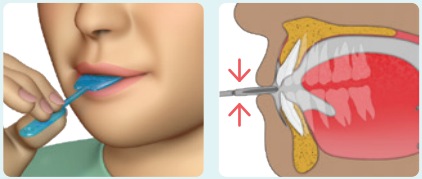
TONGUE

Tongue Press & Hold

- Position the press tube between the tongue and the roof of the mouth.
- Compress the entire body of the tongue firmly against the press tube into the roof of the mouth. Hold for 5 breaths while keeping lips together and breathing lightly through the nose.
- See below for an advanced technique.*

Active Tongue Press

- Position the press tube between the tongue and the roof of the mouth. The teeth can be slightly separated while doing this exercise.
- While maintaining a light nasal breathing pattern, elevate the entire body of your tongue and actively compress the press tube closed into the roof of your mouth for 1 breath, and release. Repeat this step 5 times.
- See below for an advanced technique.*



LIPS

Lip Press & Hold

- Position the middle of the TLP between the lips, just in front of the teeth.
- Maintain tongue in the roof of the mouth and press lips firmly together to compress the press tube closed. Hold for 5 breaths while breathing lightly through the nose.
- See below for an advanced technique.*

Active Lip Press

- Position the middle of the TLP between the lips, just in front of the teeth. The teeth can be slightly separated while doing this exercise.
- Maintain tongue in the roof of the mouth while breathing lightly through the nose. Press lips firmly together to actively compress the press tube closed and hold for 1 breath, then release. Repeat this step 5 times.
- See below for an advanced technique.*

***HEAD TILT VARIATION:** An advanced technique can be performed by gently tilting the head back and holding for an interval of 5 breaths to further stretch and target the oropharyngeal muscles of the head and neck.

Progress to the harder *TLP-H* to further increase tongue and lip strength.

MYOTALEA® TLP

***Myotalea® Tongue & Lip Press (TLP)* by *Myofunctional Research Co.* (*MRC*) is an active myofunctional appliance, which targets the key muscles of the tongue and lips that may require additional strength and tone in order to obtain a stable orthodontic result. Poor muscle strength/tone in the tongue and lips can also be a contributing factor to increased risks for sleep-related breathing disorders.**

CAUTION: CHILDREN MUST BE SUPERVISED BY AN ADULT WHEN USING THE *MYOTALEA® TLP*.

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.

SOFT version (TLP-S)

MYOFUNCTIONAL RESEARCH CO.
INNOVATIVE DENTAL APPLIANCE TECHNOLOGY AND EDUCATION

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MD

SINGLE PATIENT MULTIPLE USE

KEEP OUT OF DIRECT SUNLIGHT

NON STERILE
CLEAN BEFORE USE