

TONGUE & LIP PRESS



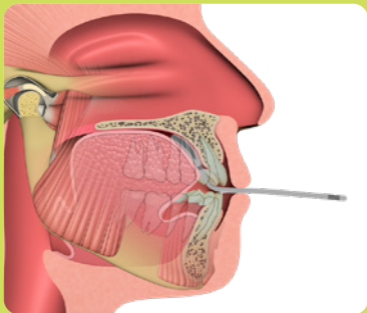
**HARD VERSION
TLP-H**



myoTALIA[®]

**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.



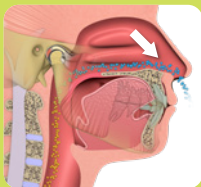
Tongue Press

myoTALEA®
TONGUE AND LIP
EXERCISE APPLIANCE

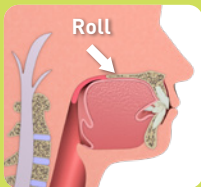
Myotalea[®] is a range of myofunctional appliances that are used to assist in the correction of poor oral habits. The appliances can be used in conjunction with the *Myobrace*[®] and *Myosa*[®] treatment systems. The *Myotalea*[®] TLP helps to increase muscle strength, maintain the correct tongue resting position and establish adequate lip seal. This device has two 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 INSTRUCTIONS: Clean your *Myotalea*[®] TLP appliance under warm running water every time you remove it from your mouth. Use *Myoclean*[™] tablets to correctly clean twice every week. Ask your doctor or dental therapist about *Myoclean*[™], the recommended cleaning agent for all MRC appliances.

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 silicon and available in two strength levels.

USE FOR
5 MINUTES
TWICE
PER DAY



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)

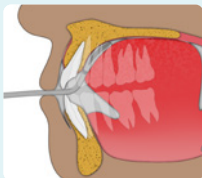


Lip Press
& Hold
(5 breaths)

Myotalea® TLP Head Tilt Variation:

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

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.



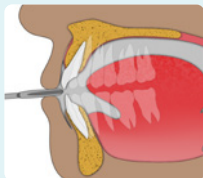
TONGUE

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.

Use the softer TLP-S if you are having difficulty completing exercises with the TLP-H.

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.

HARD version (TLP-H)



**MYOFUNCTIONAL
RESEARCH CO.**

INNOVATIVE DENTAL APPLIANCE
TECHNOLOGY AND EDUCATION

Single Patient Use.



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