



**ALIGNS TEETH**  
Permanent  
Dentition



**USE FOR  
ONE HOUR  
EVERY DAY  
AND WHILE  
SLEEPING**



**TRAINER<sup>4</sup>**  
**Alignment**

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

WORLDWIDE PATENTS, FOR MORE INFORMATION VISIT [MYORESEARCH.COM](http://MYORESEARCH.COM)

# TRAINER TIPS

**You must persevere with use while sleeping if the T4A® falls out due to tongue thrust or mouth breathing. Incorrect habits must be corrected – once the T4A® stays in all night the treatment will be more effective.**

- If overnight use is not possible, increase day use.
- Your mouth should be closed most of the time. Keep your lips together when the T4A® is in place. When the T4A® is out of the mouth, your lips should be lightly together and you should breathe through your nose.
- Remember to have your tongue tip in the approximate position of the Tongue Tag even when the T4A® is not in use.
- Improvement in dental alignment should begin within a few months of using the T4A®.
- The T4A® also assists you to correct Myofunctional habits (mouth breathing, incorrect swallowing etc) to make the results long lasting. Remember, it's up to you to change.

## T4A® DESIGN FEATURES

### TOOTH GUIDANCE SYSTEM

Moulded to front of the T4A®  
(similar in function to orthodontic archwire).

- ① **Tooth Channels.**
- ② **Tooth Aligners** impart a light force on misaligned front teeth.

### MYOFUNCTIONAL EFFECT™

- ③ **Tongue Tag** helps achieve the correct positioning of the tongue tip.
- ④ **Tongue Guard** stops tongue thrusting when in place and encourages nose breathing.
- ⑤ **Lip Bumpers** discourage overactive lip muscle activity.

### JAW DEVELOPMENT

- ⑥ **Aerofoil shaped base** assists jaw development. Correct jaw position is produced when in place by a combination of preventing mouth breathing and tongue thrusting.

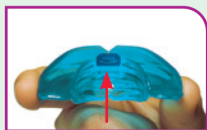
# DIRECTIONS FOR USE

USE THE T4A® FOR ONE HOUR EACH DAY  
AND AT NIGHT WHEN ASLEEP

Use the T4A® while studying, reading, watching TV, using a computer or even while working. Your front teeth may become slightly tender in the early stages. This is normal but if soreness becomes excessive, decrease T4A® application time, then increase to normal use when tenderness has passed.

The hard T4A® Phase Two can be introduced gradually by starting with one to four hours daytime use and continuing with the softer T4A® Phase One at night.

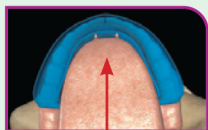
## DO NOT CHEW ON THE T4A®



**Step 1:** Hold T4A® with Tongue Tag up.



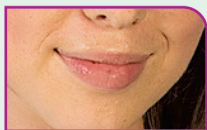
**Step 2:** Place T4A® into your mouth.



**Step 3:** Keep tongue positioned on Tongue Tag.

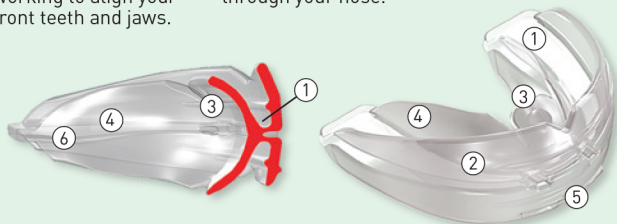


**Step 4:** Close down on T4A® and feel it working to align your front teeth and jaws.



**Step 5:** Keep your lips together and breathe through your nose.

**Your doctor may vary these instructions for different treatment plans.**



Use the T4A® while studying, reading, watching TV, using a computer or while working.

# INDICATIONS FOR USE

**The Trainer for Alignment™ (T4A®) is part of The Trainer System™ by Myofunctional Research Co.**

Bad myofunctional habits such as incorrect tongue position and function plus mouth breathing are often the cause of misaligned teeth.

## **The Myofunctional Effect™**

All appliances in *The Trainer System™* are designed to re-train the oral musculature (the *Myofunctional Effect™*). This assists in the correction of tooth and jaw alignment.

The combination of habit correction and dental alignment features designed into *The Trainer System™* allows for less complex orthodontic treatment (often without the need for braces) and makes the result more permanent.

**Cleaning the T4A®:** Clean your T4A® under warm running water every time you remove it from your mouth. Use *Myoclean™* tablets to correctly clean twice every week. Ask your doctor about *Myoclean™*, the recommended cleaning agent for all MRC Appliances.

## **CAUTION: USE ONLY UNDER THE SUPERVISION OF A LICENSED ORTHODONTIST OR DENTIST**

Lifetime use: 6 months based on everyday wear.  
Replace after 12 months regardless of wear time.



**The Trainer System™ by Myofunctional Research Co.**  
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Single Patient Use.



**MYOFUNCTIONAL RESEARCH CO.**  
INNOVATIVE DENTAL APPLIANCE  
TECHNOLOGY AND EDUCATION

