



ALIGNS TEETH
Permanent
Dentition



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



TRAINER4™
Alignment

www.myobrace.com

WORLDWIDE PATENTS, FOR MORE INFORMATION VISIT MYORESEARCH.COM

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 2 can be introduced gradually by starting with one to four hours daytime use and continuing with the softer T4A[®] Phase 1 at night.

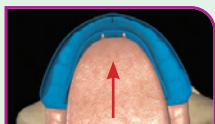
DO NOT CHEW ON THE T4A[®]



Step 1: Hold T4A[®] with tongue tag up.



Step 2: Place T4A[®] into your mouth.



Step 3: Keep tongue positioned on tongue tag.

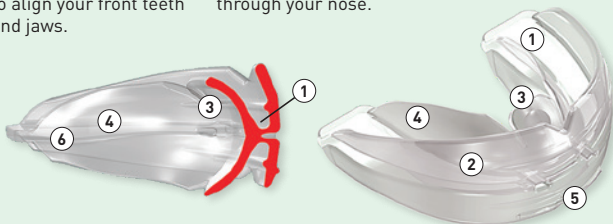


Step 4: Close down on T4A[®] and feel it working to align your front teeth and jaws.



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, watch

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 the 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.

ing 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. We recommend using *Myoclean™* tablets for all your oral appliances™ twice a week. Ask your practitioner about *Myoclean™*.

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.
Myofunctional Research Co. Australia
44 Siganto Drive, Helensvale QLD 4212 Australia
Tel: +61 7 5573 5999

USA Representative:

Myofunctional Research Co. USA
9267 Charles Smith Avenue, Rancho Cucamonga CA 91730 USA
PO Box 2781, Rancho Cucamonga CA 91730 USA
Tel: +1 866 550 4696



Europe Representative:

Myofunctional Research Europe B.V.
Gompenstraat 21c 5145 RM Waalwijk The Netherlands
P.O. Box 718, 5140 AS Waalwijk The Netherlands
Tel: +31 416 651 696



MYOFUNCTIONAL RESEARCH CO.

INNOVATIVE DENTAL APPLIANCE
TECHNOLOGY AND EDUCATION

Single Patient Use.



KEEP OUT
OF DIRECT
SUNLIGHT



NON
STERILE
CLEAN
BEFORE USE