

# myobrace<sup>®</sup>

STRAIGHT TEETH THE NATURAL WAY

## ADULT ALIGNER

USE FOR  
ONE HOUR  
EVERY DAY  
AND WHILE  
SLEEPING

**AVA<sup>®</sup>1**  
ALIGNER

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

WORLDWIDE PATENTS, FOR MORE INFORMATION VISIT MYORESEARCH.COM

# How it works

Adults seeking orthodontic treatment often have their teeth straightened with braces, but despite lifetime retainers, the teeth crowd up again after treatment. Why? Because the causes of the problem, mouth breathing and incorrect oral muscle habits, were ignored. Newer clear aligner orthodontics suffer the same problem and often leave the bite uncorrected, leading to temporomandibular jaw joint (TMJ), head and neck pain.

The *Myobrace® Adult Aligner*, along with all *Myobrace®* systems, focuses on treating the cause of the problem as a priority in harmony with the correct nose breathing and balanced oral muscles, along with developing the correct arch form and aligning the teeth in their natural position. The *MyoRetainr®* appliance may be used if long-term instability still exists at the end of *Myobrace®* treatment.

## **The *Myobrace® Adult Aligner* focuses on three stages:**

Stage 1 – Breathing and habit correction;

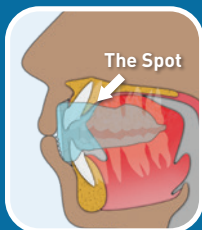
Stage 2 – Dental arch expansion;

Stage 3 – Final dental alignment and retention.

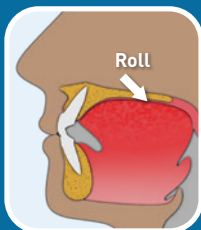
## **Goals of treatment:**

- Align the teeth and expand the dental arches for a broader and straighter smile;
- Breathe through the nose;
- Rest the tongue in the upper jaw, not the lower jaw;
- Have no activity in the lip muscles when swallowing;
- Correct the bite with better TMJ function.

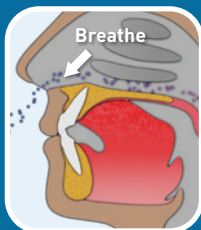
**For the *Myobrace®* to work, you must correct your poor myofunctional habits.**



**Correct rest position**



**Correct swallowing pattern**



**Breathing awareness**

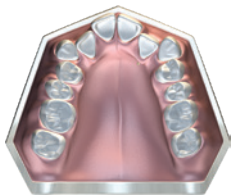
# What causes orthodontic problems?

Most people will experience crowding of the teeth and poor jaw growth. Although many assume this is genetic, mouth breathing, incorrect tongue position and poor swallowing patterns are the primary causes. These poor habits are evident from as young as three years of age but are rarely treated. This results in dental crowding and poor jaw growth becoming more severe and increasing the likelihood of complex treatments, while the chronic mouth breathing leads to other health-related problems. Of those who receive orthodontic treatment, most do not have the causes addressed, which leads to the teeth relapsing back to their original position and a missed opportunity to establish healthy nasal breathing, that can lead to sleep disorders.

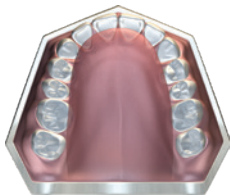
## Explaining adult orthodontic problems

Many adults have had conventional orthodontic treatment with braces or clear aligners, either in childhood or later in life. Research shows that after braces, even with retainers bonded onto the teeth for life, or extractions of the teeth, relapse still occurs in the majority of cases.

In the diagrams below, we can see that narrow jaws are caused by mouth breathing and incorrect tongue position. By establishing nasal breathing and the correct tongue position in the upper jaw, a good arch is created with plenty of room for the teeth. This is the aim of treatment for a successful and stable outcome.



**Crowded upper arch  
from poor tongue position**



**Normal upper arch  
developed by the tongue**

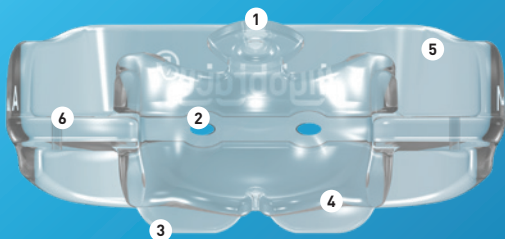
**NOTE: TOOTH SIZE HAS NOT CHANGED**

# Myobrace® AA1 – Stage 1

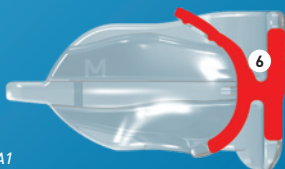
The *Myobrace*® AA1 is the first stage in the *Adult Aligner* appliance group and specifically focuses on initial habit correction. It works on establishing nasal breathing and initial correction of poor oral habits, including training the tongue to rest in the correct position.

The AA1 is soft and flexible to easily adapt to crowded teeth, making it an ideal starting appliance. It uses light forces to align the teeth and bite in harmony with the oral muscles.

## Myobrace® Adult Aligner AA1 – Design features Stage 1 – Habit correction



- 1 Flexible tongue tag** guides the tongue upwards and forwards to the correct position.
- 2 Breathing holes** encourage and establish nasal breathing.
- 3 Lip bumper** corrects dysfunctional swallowing.
- 4 Tongue elevator** lifts the tongue into the correct position.
- 5 Flexible material** adapts to any arch form and improves comfort.
- 6 Tooth channels** align the teeth.



*Myobrace*® AA1  
cross section



## Directions for use

Use your *Myobrace*® appliance for one to two hours each day, plus overnight while sleeping.

Your teeth may become slightly sensitive in the early stages of treatment. This is quite normal but if the pain becomes excessive, decrease application time and consult your doctor.

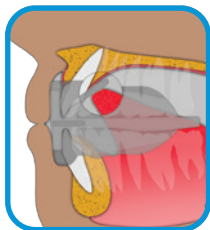
## Instructions for use



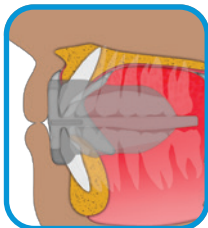
**Step 1** – Hold the *Myobrace*® with the tongue tag facing up.



**Step 2** – Place the *Myobrace*® into your mouth.



**Step 3** – Keep your tongue positioned on the tongue tag.



**Step 4** – Close down on the *Myobrace*® and feel it working to align your teeth and jaws.



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

**Do not chew  
on your  
*Myobrace*®!**

**May fall out at night while sleeping in initial stages of treatment. If this happens, increase daytime use.**

The *Myobrace® Adult Aligner* appliance group consists of three stages designed specifically to assist in alignment of the teeth, improvement of the bite and habit correction in adults.

The *Myobrace® AA1* is the first appliance in the group and made of the softest material to optimise comfort and adapt to any mouth. The AA1 uses key myofunctional features to begin the correction of breathing and oral muscle habits, as well as applying light forces to expand the jaw and start aligning the teeth.

### Treatment considerations

Daily use of the *Myobrace®* with persistence to correct the underlying habits is essential.

Treatment time can differ considerably due to compliance and the biological adaptability of each patient. Regular monitoring by your orthodontist or dentist is also essential for success and avoidance of unwanted complications.

Use of arch development and other orthodontic techniques may be required to assist with the *Adult Aligner* treatment. Chronic mouth breathers will require treatment with *The Myosa® System* prior to *Myobrace® Adult Aligner* treatment.

**Cleaning your *Myobrace®*:** Run your *Myobrace®* appliance under warm 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 UNDER THE SUPERVISION OF AN ORTHODONTIST OR DENTIST.

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.



**Myobrace® 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.  
Gompensstraat 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



CLEAN  
BEFORE USE