

# MYOSA® SLEEP WELL THE NATURAL WAY® APPLIANCE SELECTOR

## Myosa® for TMJBDS®


*Myosa® for TMJBDS®* appliances incorporate MRC's patented airway rehabilitation approach by progressively transitioning from mouth to nasal breathing, while simultaneously treating the TMJ disorders and eventually establishing the optimum TMJ position.

**BREATH HOLD TIME (BHT) IN SECONDS**

**20**

**S1**  
STAGE 1  
BHT 20-30

The three-stage group is standard protocol used for most patients with TMJ, breathing and sleep disorders with a starting Breath Hold Time (BHT) above 20.



**Features:**

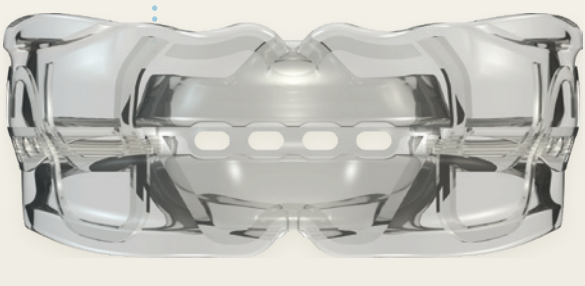
- Four large breathing holes to establish a functional airway for mouth breathers.
- Active tongue tag to improve tongue strength.

**Cross section**

**30**

**S2**  
STAGE 2  
BHT 30-40

For TMJ primary patients with a BHT of 30+, start with the S2.



**Features:**

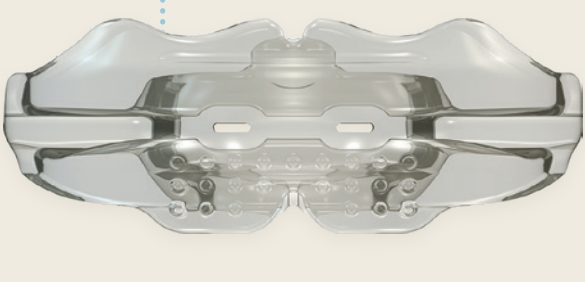
- Four medium breathing holes to transition to nose breathing.
- Posterior base holes optimise the TMJ position and adjust for asymmetric vertical correction.
- Best for TMJ primary cases.

**Cross section**

**40**

**S3**  
STAGE 3  
BHT 40+

The goal is to finish all patients with the S3, which has minimal air holes and the thinnest base.



**Features:**

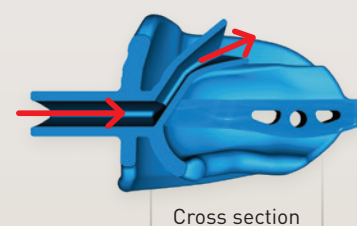
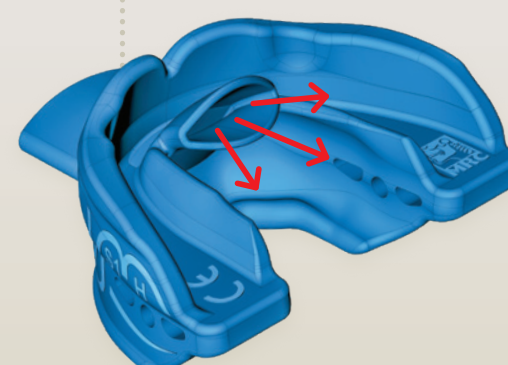
- Two small breathing holes to optimise nasal breathing.
- Thinner base to optimise TMJ improvement.
- Final appliance used for maintaining corrected result.

**Cross section**

## FOR SEVERE BREATHING AND SLEEP DISORDERS

### S1H

STAGE 1  
BHT LESS THAN 20



**Lip and tongue tubes** for active exercises to strengthen the tongue, lip and airway muscles to further improve airway function.

**6mm base** with multiple air spring holes comfortably opens the airway and simultaneously resolves TMJ problems.

**Large breathing aperture** carries air directly into the mouth through the tongue tube - allowing for oral breathing without interference from the tongue.

**HYBRID APPLIANCE**  
ACTIVE & PASSIVE TREATMENT

## FOR SLEEPING IF OPTIMUM RETENTION IS REQUIRED

For mouth breathers who cannot keep the S1 in place at night while sleeping.  
Best for severe snorers.

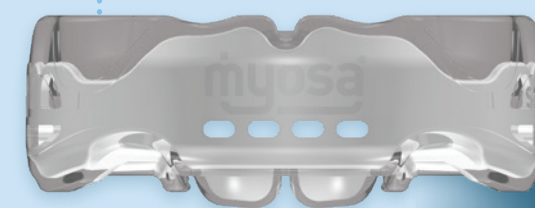
### S1M

STAGE 1  
MOULDBLE



### S2M

STAGE 2  
MOULDBLE



**NIGHT TIME USE**  
**MOULDBLE**  
FOR BEST RETENTION

## Myosa® for Kids

### For ages 3-15 years

*Myosa® for Kids* is a two-stage appliance group for treating breathing and myofunctional disorders that benefits the development and health of the growing child.

#### AVAILABLE IN

- S** 3-6 years  
**M** 6-12 years  
**L** 12-15 years

Colours:



### KS1

STAGE 1

**Large breathing holes** to establish a functional airway and transition to nasal breathing.



### KS2

STAGE 2

**Small breathing holes** to establish nasal breathing and correct myofunctional habits.



## QUICKSTART FOR BEGINNERS

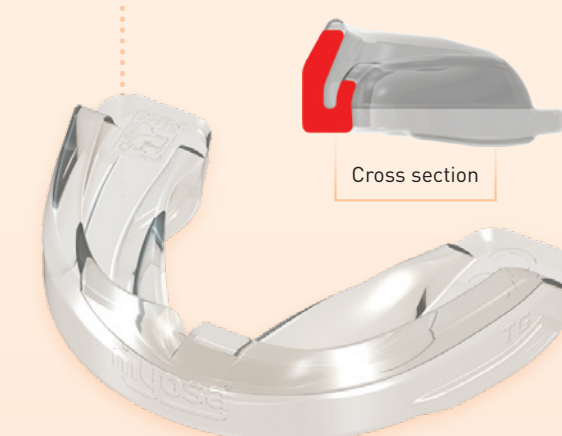
## Myosa® for Bruxing

*Myosa® for Teeth Grinders* is designed specifically for night- and daytime bruxing, providing a protective barrier between the teeth.

Bruxing is a symptom of breathing disorders. Most of these patients can benefit from progressing to the *Myosa® for TMJBDS® S1* and *Myosa® Activities*.

### TG

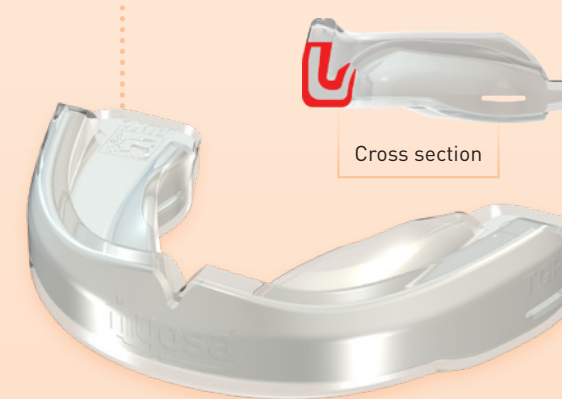
**SOFT VERSION**  
OPTIMUM COMFORT



Cross section

### TGH

**HARD VERSION**  
OPTIMUM FIT



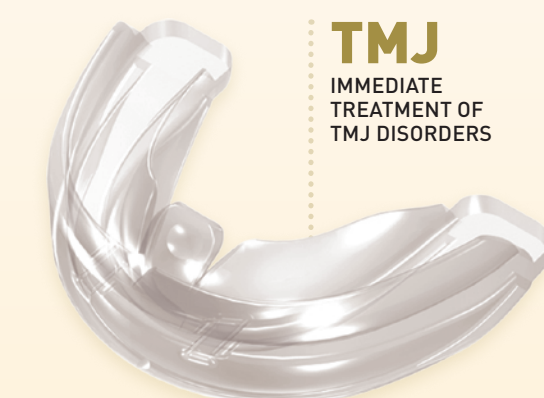
Cross section

**MOULDBLE**  
SOFT & HARD VERSIONS

## Myosa® for TMJ

Immediate diagnostic and treatment tool for TMJ Disorder (TMD).

This appliance offers a quickstart for practitioners who require a simpler approach for their patients with TMJ disorders without requiring extensive knowledge of TMJ treatments.

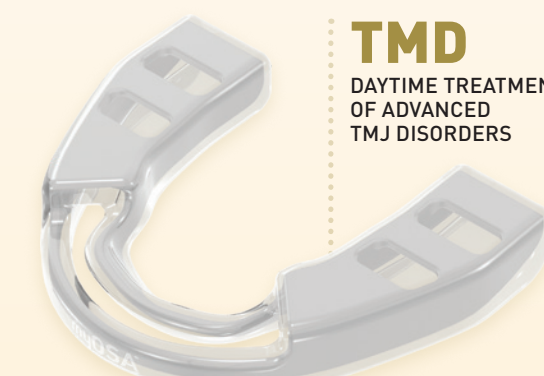


**TMJ**  
IMMEDIATE  
TREATMENT OF  
TMJ DISORDERS

## Myosa® for TMD

A customisable appliance for patients with degeneration, pain and clicking in the TMJ joints that require day and night treatment.

Jaw position can be customised to the patient's requirements. Use with *The TMJ Appliance®* for night time.



**TMD**  
DAYTIME TREATMENT  
OF ADVANCED  
TMJ DISORDERS

COMES IN TWO SIZES:  
4MM AND 6MM

**MOULDBLE**  
FOR OPTIMUM FIT

## Myosa® Activities

The *Myosa® Activities* focus on addressing the underlying breathing and myofunctional habits that contribute to Sleep-Related Breathing Disorders and TMJ problems.

The *Myosa® Activities* work in conjunction with the active myofunctional appliances to help optimise treatment outcomes.



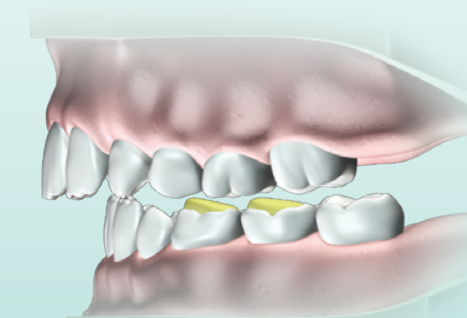
## FOR BEST AND CONSISTENT RESULTS

## Adjunctive Systems

### For Class II and Class III Correction

#### Myolay™ Correction to Class I

Used in cases with breathing disorders to open the airway, by instantly positioning the mandible into Class I and opening the vertical dimension. Used simultaneously with the *Myosa® KS1*.



### Active Myofunctional Treatment

#### Myotalea® TLJ

The *TLJ* is designed to improve the strength of the tongue, lip, jaw and airway muscles to assist in the treatment of breathing and myofunctional disorders.

