

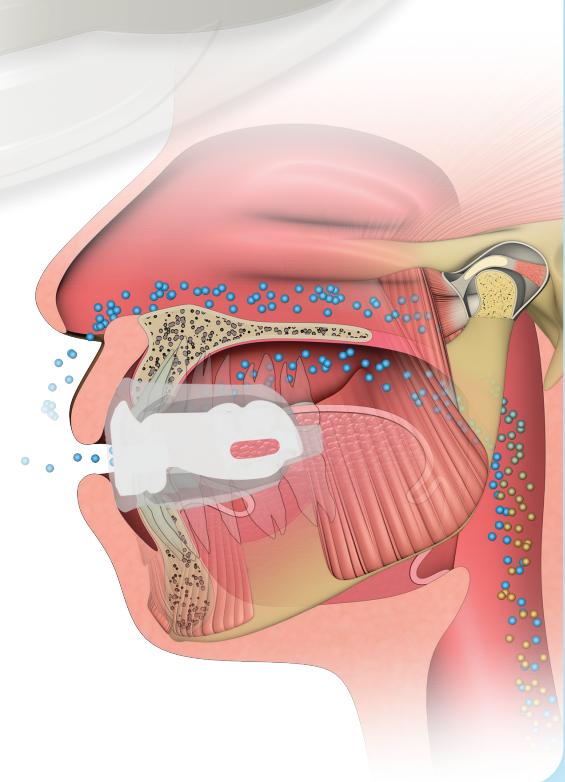


MYOFUNCTIONAL SLEEP APPLIANCE

INTEGRATING DIAGNOSIS AND
TREATMENT OF BREATHING,
MYOFUNCTIONAL, TMJ
AND SLEEP DISORDERS
FOR ALL AGES



The Myosa® System by MRC assists in the integrated treatment of breathing, myofunctional, TMJ and sleep disorders in both children and adults. These conditions affect the majority of patients and are highly under recognised, while few effective treatments exist. The Myosa® System is simple, effective and easily integrated into modern practices to address these issues through correction of the underlying causes.

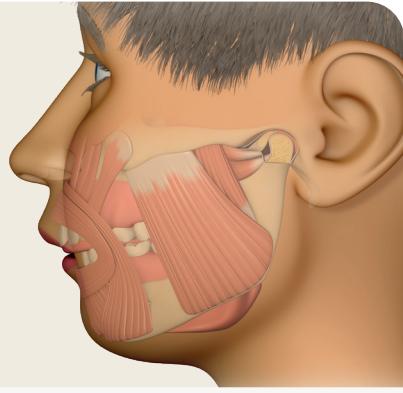


APPLIANCE CATALOGUE

WORLDWIDE PATENTS, FOR MORE INFORMATION VISIT MYORESEARCH.COM

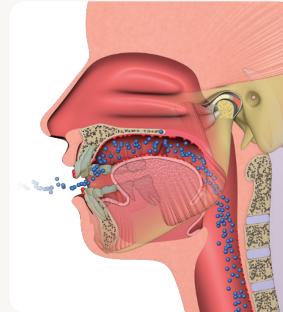


Mounting evidence suggests that mouth breathing is a symptom of Sleep-Related Breathing Disorders¹ (SRBD) which are commonly associated with temporomandibular joint (TMJ) dysfunction² and cause dental, medical, metabolic and psychological issues.³ These conditions now affect the majority of the population.

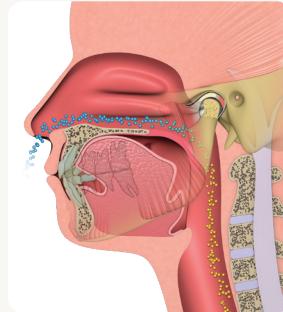


Breathing and Myofunctional Disorders

The ideal way to breathe is through the nose, which provides optimum air quality and blood oxygenation. The mouth is closed, the teeth are in near contact, with the tongue pressed up against the palate. When this occurs, craniofacial development, dental alignment and patient health is optimised. When mouth breathing, the lips part, the tongue drops, and an incorrect swallowing pattern emerges (known as a reverse swallow). These dysfunctional patterns are collectively referred to as poor myofunctional habits. These cause the force on the teeth and jaws to change, leading to a variety of malocclusions.⁴ This effect is even more profound during periods of active facial growth.⁵



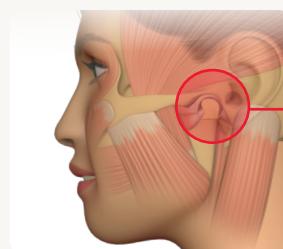
Mouth breathing causing incorrect myofunctional habits.



Nasal breathing with correct myofunctional habits.

TMJ Disorders

Each time the patient reverse swallows, their lower lip pushes back against the mandible, driving the condyles upwards and backwards in the TMJ sockets. This forces the articular disc to slip and compresses the retrodiscal tissue. Poor jaw growth can also change head posture as a compensation to open the airway, contributing to tension and inflammation in the head, neck and back muscles. Untreated children grow into adults who become symptomatic from this chronic dysfunction, known as TMJ Disorder (TMD). Since most dentists⁶ and orthodontists⁷ do not understand this process, there is a lack of effective treatments available for patients.

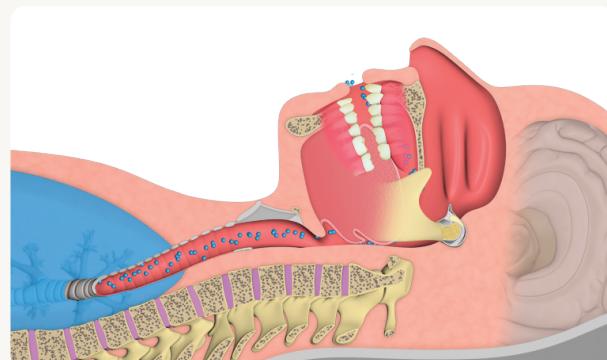


The Temporomandibular Joint - TMJ

Myofunctional habits such as mouth breathing and reverse swallowing result in an anteriorly displaced disc contributing to joint degeneration.

Sleep and Breathing Disorders

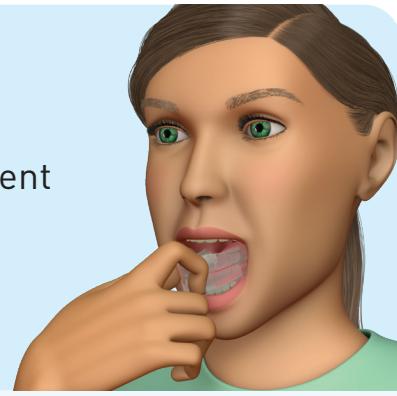
Mouth breathing is medically recognised as a symptom of Sleep-Related Breathing Disorders (SRBD), which include snoring, upper airway resistance syndrome (UARS) and, finally, Obstructive Sleep Apnea (OSA).⁸ OSA involves repeated obstruction of the upper airway causing patients to choke in their sleep. SRBDs are linked to numerous health problems in children including restless sleep, anxiety, hyperactivity, bedwetting and much more.⁹ When left untreated, adults with SRBDs have a higher risk of fatigue, cardiovascular disease, mental health problems, and others.¹⁰ There is also a link between SRBDs and dental conditions like bruxism, caries and periodontal diseases.¹¹



Tongue and mandible obstruct the airway.

REFERENCES: 1. Bonuck, K. et al. Pediatrics. 2012;Apr;129(4):e857-65. 2. Angle, E. (1907), Treatment of Malocclusion of the Teeth, 7th edition, S.S. White Dental Manufacturing, Philadelphia. 3. Patel, M. et al. (2018), Temporomandibular Joint and Airway Disorders: A Translational Perspective, Springer International Publishing. 4. Ramar, K. et al. J Clin Sleep Med. 2021;17(10):2115-2119. 5. Enlow, D. et al. (1996), Essentials of Facial Growth, W B Saunders Co Ltd. 6. Nejaim, Y. et al. Am J Orthod Dentofacial Orthop. 2018;Jun;153(6):825-833. 7. Glaros, AG. et al. J Orofac Pain. 1994;Spring;8(2):216-22. 8. Porto, M. et al. American Journal of Orthodontics and Dentofacial Orthopedics. 2019;156(4):475-484. 9. Dale, L. et al. European Respiratory Journal. 2016;48:1631-1639. 10. Angle, E. (1907), Treatment of Malocclusion of the Teeth, 7th edition, S.S. White Dental Manufacturing, Philadelphia. 11. Tammasa, B. et al. Journal of Dental Sleep Medicine, 2018;5(2):31-18. 12. Heinzer, R. et al. Lancet Respir Med. 2015;Apr;3(4):310-8. 13. Benjafield, AV. et al. Lancet Respir Med. 2019;Aug;7(8):687-698. 14. Chen, L. et al. Sleep Breath. 2021;Dec;25(4):1741-1751.

Current treatments using surgery, drugs or devices can be unpredictable, complex, invasive, symptom-focused and costly. Modern research and advocacy have raised excitement levels of practitioners but, without pragmatic treatment options, this has quickly dissipated. Better solutions are urgently needed for patients and practitioners.



Introducing The Myosa® System

Breathing, myofunctional, TMJ and sleep disorders affect the vast majority of people worldwide.^{12,13} With an estimated 80-90% going undiagnosed,¹⁴ the burden and demand for treatment is staggering. In order to meet this huge demand for treatment while still providing effective treatment outcomes, rehabilitation of breathing and myofunctional disorders must occur and should be done in a pragmatic and cost-effective manner to be integrated into modern practices.

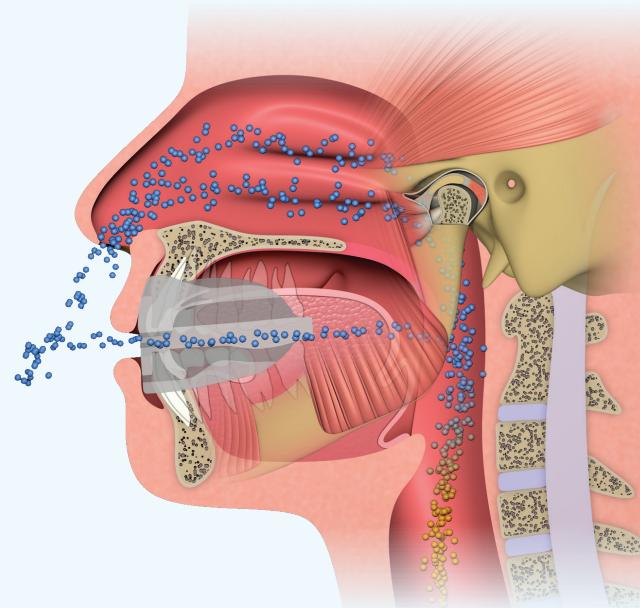
The Myosa® System by MRC presents a solution for practitioners looking to integrate the treatment of breathing, myofunctional, TMJ and sleep disorders. Harnessing over three decades of experience in manufacturing innovative intraoral appliance systems, *The Myosa® System* is a complete solution for dental, medical and allied health practitioners for incorporating treatment of a variety of conditions by rehabilitating the underlying habits that cause them.

Myosa® for Kids

The Myosa® for Kids System uses a two-stage prefabricated appliance system to provide breathing and myofunctional correction to patients between the ages of 3 and 15. It can be used by dental, medical and allied health practitioners who are seeking to establish nasal breathing and correct myofunctional habits, either by implementing the *Myosa® for Kids* protocol or incorporating the appliances into their existing practice.

Myosa® for TMJBDS®

The Myosa® for TMJBDS® System removes the mystery and complexity surrounding the rehabilitation of airway and TMJ dysfunction for adult patients above the age of 15. *Myosa® for TMJBDS®* uses a simple three-stage prefabricated appliance sequence that looks at addressing the underlying breathing and myofunctional causes. The appliances incorporate MRC's patented method for progressive breathing rehabilitation, while initially decompressing the TMJs, before re-establishing their correct position.



The *Myosa® for Kids* KS1 and KS2 appliances are designed to treat breathing and myofunctional disorders in children aged 3-15 years.



Myosa® for TMJBDS® appliances.

Myosa® for Kids

For Breathing and Myofunctional Disorders



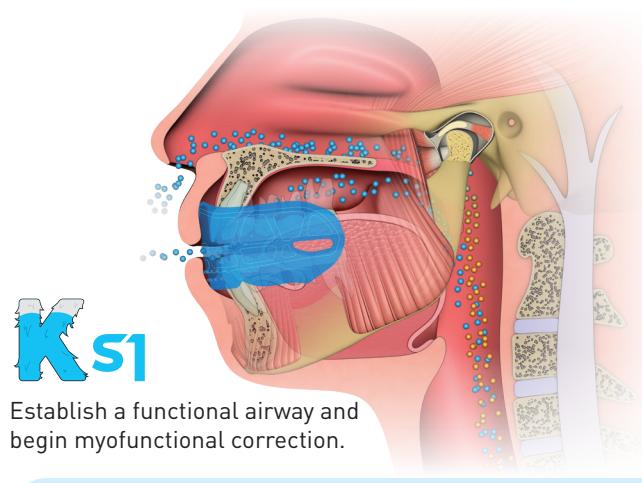
What is Paediatric Breathing and Disordered Sleep?

Patients with paediatric Breathing and Disordered Sleep (BDS) present with mouth breathing, myofunctional disorders and a variety of sleep-related breathing symptoms. Most treatment options address the symptoms in isolation, leading to ineffective outcomes. Integrated treatment requires an understanding of the multifaceted problems that occur in paediatric BDS and targeting treatment at those variables. This is best understood by remembering the acronym BDS as the following diagram illustrates:



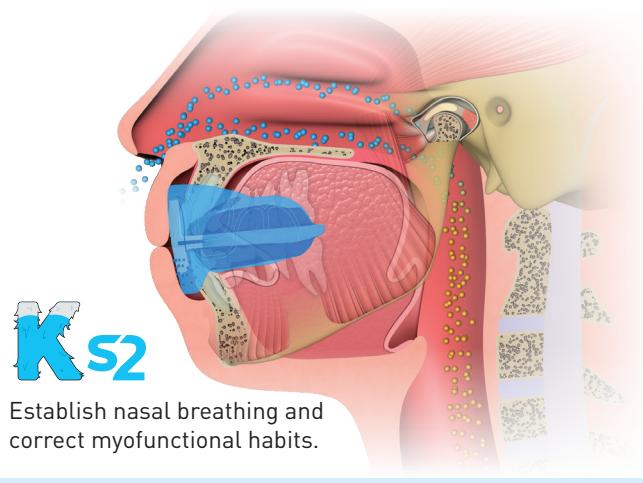
How Myosa® for Kids Works

The *Myosa® for Kids* treatment system uses prefabricated appliances to correct breathing and myofunctional disorders in children. It starts by establishing a functional airway as a priority and transitioning the patient to nasal breathing and correct habits. The appliances can be used as per the *Myosa® for Kids* treatment protocol or incorporated individually depending on the intentions of the practitioner. Following *Myosa® for Kids*, it is recommended that patients progress to *The Myobrace® System* to develop the arches, allowing for further habit correction and alignment of the teeth.



How is Myosa® Used in Clinical Practice?

- As a breathing and myofunctional program prior to *Myobrace®* treatment for patients who need focused attention on their breathing dysfunction.
- As an adjunct to pharmaceutical or surgical interventions provided by medical practitioners to correct the underlying habits in paediatric BDS.
- Used by allied health practitioners for correction of mouth breathing and/or myofunctional disorders.
- Used by dental practitioners who want to provide breathing and myofunctional therapies to their patients but do not want to implement the orthodontic techniques involved in *Myobrace®*.



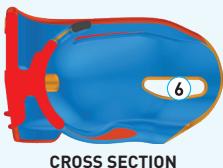
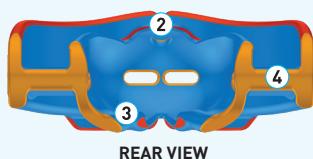
The *Myosa® for Kids* appliance system is a simple treatment protocol allowing dental, medical and allied health practitioners to implement breathing and myofunctional treatment into their practices that is also able to be used in combination with existing treatment protocols.

The *Myosa® for Kids* Appliances

The *Myosa® for Kids* appliances come in three different sizes suitable for patients between the ages of 3 and 15. They utilise a two-stage appliance sequence that starts with the establishment of a functional airway and finishes with the establishment of nasal breathing and correction of myofunctional habits. The three sizes are to accommodate for different age groups: small for ages 3-6*, medium for ages 6-10*, and large for ages 10-15*.



Establish a functional airway and begin myofunctional correction For Ages 3-15



The *KS1* focuses on establishing a functional airway and initial myofunctional habit correction in children who mouth breathe, especially during sleep. The *KS1* has large breathing holes to establish a functional airway and myofunctional features to promote the correct habits. Move to the *KS2* appliance only when the *KS1* is staying in overnight and the patient's breathing function has improved.

Design Features

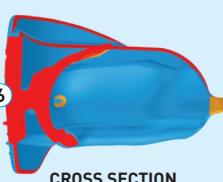
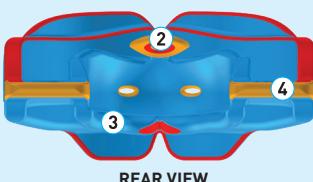
- 1 **Two large breathing holes** to improve airway function.
- 2 **Tongue tag** guides upward and forwards tongue placement. The *KS1* large appliance has an active tongue tag for improving tongue strength.
- 3 **Tongue elevator** lifts the tongue into the correct position.
- 4 **Thick base** opens the bite and airway.
- 5 **Lip bumper** retrains the lip muscles to swallow correctly.
- 6 **Air spring base** opens the airway.

Appliance Sizes

Small (for ages 3-6*)
Medium (for ages 6-10*)
Large (for ages 10-15*)



Establish nasal breathing and correct myofunctional habits For Ages 3-15



The *KS2* focuses on establishing nasal breathing and correcting myofunctional disorders in children who mouth breathe and have poor myofunctional habits. The *KS2* features small breathing holes to establish nasal breathing and myofunctional features to promote correct habits. Upon establishing a functional airway, patients can transition into *The Myobrace® System* to correct orthodontic issues for further improvement.

Design Features

- 1 **Two small breathing holes** encourage nasal breathing.
- 2 **Tongue tag** guides upward and forwards tongue placement.
- 3 **Tongue elevator** lifts the tongue into the correct position.
- 4 **Thinner base** provides ideal positioning of jaw joints.
- 5 **Lip bumper** retrains the lip muscles to swallow correctly.

Appliance Sizes

Small (for ages 3-6*)
Medium (for ages 6-10*)
Large (for ages 10-15*)

*Age ranges are recommendations only and individual patient sizes may vary.

TMJBDS®

FOR TMJ, BREATHING & DISORDERED SLEEP



- 1 **High sides** provide good retention.
- 2 **Breathing holes** open the airway and regulate breathing through the mouth.
- 3 **Tongue tag** guides the tongue forwards and upwards into the correct position.
- 4 **Tongue elevator** holds the tongue in the correct position.
- 5 **Air spring base** progressively decompresses the TMJs and opens the airway.
- 6 **Class I offset** advances the mandible reducing airway collapsibility.

TMJ and Airway Treatment for Adults

For decades, TMJ treatment has been a mystery for health practitioners. Initially delegated to the medical profession, the requirement to increase the vertical dimension in the treatment of TMJ Disorder (TMD) naturally led it to be taken up by the dental profession. To this day, most dentists do not understand the major contributors to TMJ disorders and focus their treatment on using splints to decompress the TMJs and recommending soft foods.

A select group of dental practitioners have known for decades that the treatment of TMJ must involve the airway and surrounding muscles. The latest research now confirms this to be the case and has led to the improvement of awareness among dental and medical practitioners on the importance of treating breathing disorders. Not only to correct TMJ disorders, but also for overall health and wellbeing, as they are known to contribute to fatigue as well as cardiovascular and mental health issues in adults.

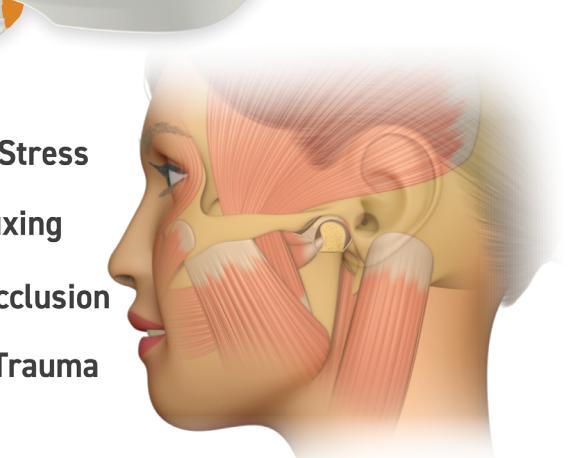
Just like modern treatments for TMJ dysfunction, interventions for airway disorders tend to focus on the symptoms too, without addressing the underlying breathing and myofunctional habits or considering the TMJs. Furthermore, many of the current treatments are either invasive, uncomfortable or have significant side effects. Alternative approaches proposed thus far have been too complex and unable to be easily implemented into clinical practice.

Introducing Myosa® for TMJBDS®

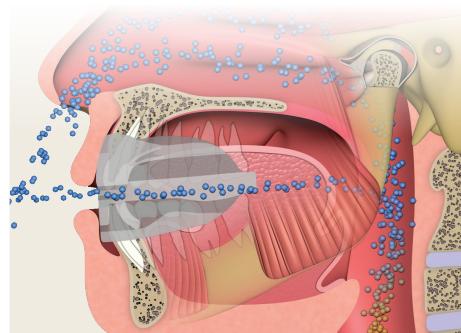
The *Myosa® for TMJBDS®* treatment system is the latest innovation from MRC, presenting a three-stage appliance protocol for the integrated management of TMJ and airway disorders. *TMJBDS®* treatment involves the careful management of the Teeth (T), Muscles (M), Jaws (J), Breathing (B) and Disordered (D) Sleep (S), resulting in comprehensive rehabilitation of airway and TMJ disorders.

The *Myosa® for TMJBDS®* appliances incorporate MRC's patented airway rehabilitation approach by progressively transitioning from mouth to nasal breathing while initially decompressing the TMJs and eventually establishing the optimum TMJ position. While doing this, they also treat the underlying myofunctional habits that contribute to the problem. The *Myosa® for TMJBDS®* appliances are combined with auxiliary techniques and myofunctional activities to provide the most comprehensive yet simple packaged treatment of TMJ and airway problems.

The system is adaptive and suitable to practitioners who want to provide integrated treatment for TMJ and airway issues, or correct each disorder in isolation.

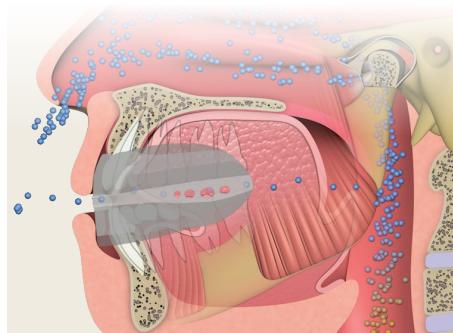


Stress, bruxism, malocclusion and trauma are all contributors, but the major causes of TMJ problems are breathing and myofunctional disorders.



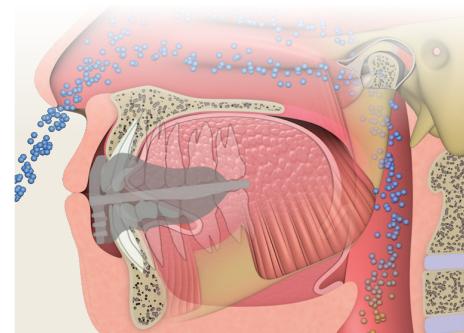
S1

Establish a functional airway, begin habit correction and improve TMJ symptoms.



S2

Transition to nasal breathing, continue habit correction and improving TMJ symptoms.



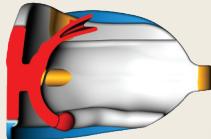
S3

Establish nasal breathing while finalising correction of habits and improving TMJ symptoms.

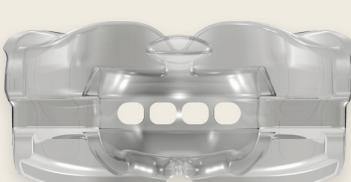


S1 STAGE 1 - NON-MOULDABLE MOUTH BREATHER VERSION

BEST COMFORT
NO FITTING REQUIRED



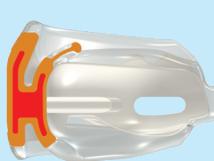
CROSS SECTION (above)
APPLIANCE (right)



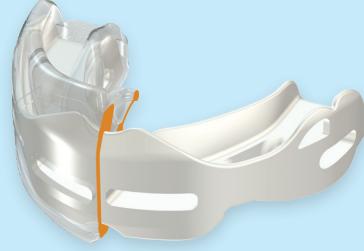
The *Myosa® for TMJBDS® S1* is designed for patients with moderate to severe breathing dysfunction as indicated by a Breath Hold Time (BHT) of 20 to 35. The S1 is soft and flexible, adapting to any arch form or malocclusion. It works by advancing the lower jaw and opening the bite, in turn opening the airway. Additionally, the appliance has four breathing holes to regulate oral breathing, as well as an active tongue tag that provides exercising for the tongue in the initial stages of treatment.

S1M STAGE 1 - MOULDABLE MOUTH BREATHER VERSION

BEST RETENTION
CUSTOM FITTED



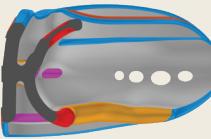
CROSS SECTION (above)
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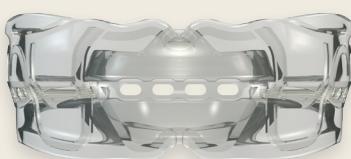
The *Myosa® for TMJBDS® S1 Mouldable (S1M)* is made from dual-layered technology with a mouldable outer layer and a hard inner core to facilitate a custom fit. Although use of the non-mouldable appliances is preferred, the S1M is specially designed for patients who consistently struggle to retain the S1 appliance overnight during sleep. Proper moulding technique is essential to the S1M functioning correctly. More details can be found on the appliance insert card and *MRC*'s website.

S2 STAGE 2 - NON-MOULDABLE PARTIAL NOSE BREATHER VERSION

BEST COMFORT
NO FITTING REQUIRED



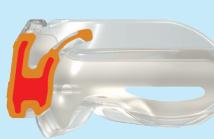
CROSS SECTION (above)
APPLIANCE (right)



The *Myosa® for TMJBDS® S2* is designed for patients with mild to moderate breathing dysfunction as indicated by a BHT of 35 to 45. The S2 is soft and flexible, adapting to any arch form or malocclusion. It has a smaller vertical opening than the S1 to optimise TMJ position as well as smaller breathing holes to promote nasal breathing while other myofunctional features continue habit correction.

S2M STAGE 2 - MOULDABLE PARTIAL NOSE BREATHER VERSION

BEST RETENTION
CUSTOM FITTED



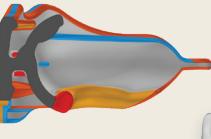
CROSS SECTION (above)
APPLIANCE (right)



The *Myosa® for TMJBDS® S2 Mouldable (S2M)* is made from dual-layered technology with a mouldable outer layer and a hard inner core to facilitate a custom fit. Although use of the non-mouldable appliances is preferred, the S2M is specially designed for patients who consistently struggle to retain the S2 appliance overnight during sleep. Proper moulding technique is essential to the S2M functioning correctly. More details can be found on the appliance insert card and *MRC*'s website.

S3 STAGE 3 - NON-MOULDABLE NOSE BREATHER VERSION

BEST COMFORT
NO FITTING REQUIRED



CROSS SECTION (above)
APPLIANCE (right)



The *Myosa® for TMJBDS® S3* is used in the third and final stage of TMJBDS® treatment when the patient's BHT has reached 45 seconds or more. It is primarily designed to establish nasal breathing, finalise habit correction and provide optimum TMJ function. It can also be used as a standalone appliance for adult breathing and myofunctional correction. The S3 is used during retention periods after the TMJBDS® protocol and serves as a transition appliance from Phase I to Phase II of treatment.

AUXILIARY APPLIANCE



TO IMPROVE THE STRENGTH OF THE TONGUE, LIP, JAW & AIRWAY MUSCLES

DESIGN FEATURES

1. Lip press tube strengthens the lip muscles.
2. Tongue press tube improves tongue strength and position.
3. Jaw press tube improves function of the jaw joint and muscles.

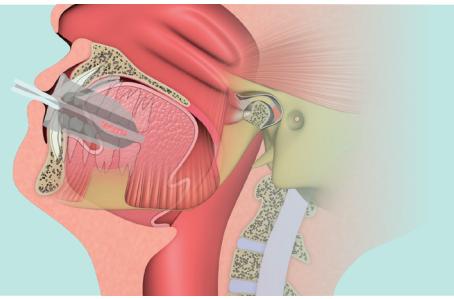


The *TLJ* focuses on improving the strength and tone of the tongue, lip, jaw and airway muscles. These muscles are typically weak in patients with orthodontic, TMJ and breathing disorders. It has multiple features to exercise all of these muscles in the one appliance. The *TLJ* can be used as an adjunct active myofunctional exercising appliance in all of *MRC*'s treatment systems or as a standalone appliance for myofunctional therapy.

***Myosa®* appliances are to be worn for one hour each day and while sleeping.**

Adjunctive Systems

Supporting the *Myosa®* Appliances and Enhancing the Delivery of Patient Education



Active Myofunctional Treatment

Breathing and myofunctional therapies have been used for decades to assist in the treatment of TMJ and airway disorders in both children and adults. However, these therapies never reached mainstream appeal, not because of their efficacy, but rather their unpredictability and complex implementation.

Over the past three decades, *MRC* has simplified implementation of breathing and myofunctional treatment by enhancing the delivery of education and therapy to the modern patient. By using engaging animated videos and active myofunctional appliances, treatment effectiveness and predictability can be significantly improved.



Activities and myofunctional appliances like the *TLJ* focus on strengthening and toning the orofacial and airway muscles.

Myotalea® Appliances

The *Myotalea®* appliances by *MRC* are a range of active myofunctional appliances designed to strengthen, stretch and tone the oral, facial and airway muscles. Myofunctional appliances are known to improve education and compliance in breathing and myofunctional therapies.



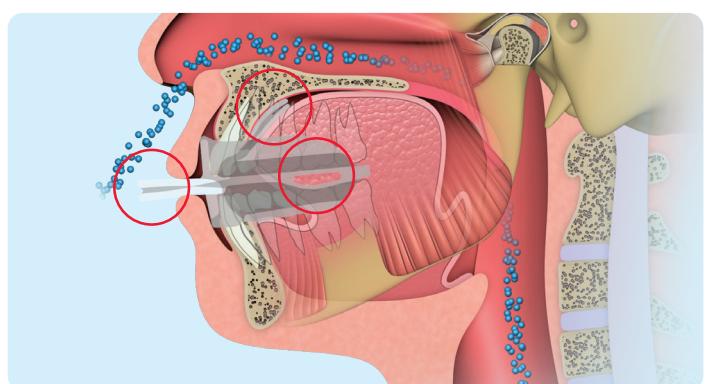
Myosa® Activities Fast Track

The *Myotalea®* appliances and *Myosa® Activities* program have both been integrated into the *Myosa® Activities Fast Track*, a simple yet powerful way of providing active myofunctional treatment as an adjunct to the *Myosa®* prefabricated appliances. This integration harnesses *MRC*'s revolutionary animated activities with the precision therapy of the *Myotalea®* appliances to optimise patient education, compliance and treatment effectiveness. The activity videos are used to enhance patient communication and understanding, while the *Myotalea®* appliances are able to target the strength of the airway and orofacial muscles. This combination can be used in both *Myosa® for Kids* and *Myosa® for TMJBDS®* treatment to rehabilitate the breathing and myofunctional disorders causing issues that affect both patient groups.

myosa
Activities **FAST TRACK**



The *Myosa® Activities* educate patients on habit correction through revolutionary animated instructional videos.



The *Myotalea®* appliances further improve habit correction by supplementing the *Myosa® Activities*.

Adjunctive systems used alongside the prefabricated *Myosa®* appliances assist in achieving clinical goals, expanding the treatment scope and enhancing the ability to educate the patient which results in better case acceptance, compliance and habit correction.



Patient Educational Resources

Habit correction is the hallmark of *MRC*'s treatment systems which, by definition, requires excellent patient education and compliance. *The Myosa® Consultation* and *Myosa® Activities* are the latest state-of-the-art digital resources from *MRC* bringing patient communication into the 21st century. Compatible with smart devices and computers, these resources allow practitioners the flexibility of providing repeatable and consistently effective patient education anywhere in their practice. Check with your regional *MRC* representative to find out whether these resources are available in your language.

The *Myosa® Consultation* allows practitioners to deliver initial patient education in a concise and informative package, helping to improve understanding and, ultimately, treatment acceptance.

The *Myosa® Activities* are a series of animated videos that supplement the *Myosa®* appliances by providing active myofunctional training and education on habit correction. As an adjunct to the appliance protocol, patient compliance and treatment effectiveness is optimised. Included are instructional videos on how to use the *Myotalea®* appliances as part of the activities program.



The *Myosa® Consultation* presentation provides patients with a clear understanding of their breathing and myofunctional problems.



The *Myosa® Activities* program is an extension of the *Fast Track* activities, allowing practitioners to provide more targeted myofunctional therapy.

Auxiliary Techniques

To assist the *Myosa® for Kids* and *Myosa® for TMJBDS®* appliance systems, auxiliary appliances and techniques are utilised as required to correct occlusion, open the airway, decompress the TMJs, and more.

Myolay™ - *Myolay™* involves composite buildups designed to correct occlusion. In *Myosa®* treatment it can be used to assist proper jaw placement, having benefits for the TMJs and airway, while generally used as a second preference to the *TMJ Aligner* in *Myosa® for TMJBDS®* treatment.

TMJ Aligner - The *TMJ Aligner* is a technique pioneered by *MRC* and commonly used in *Myosa® for TMJBDS®* treatment. Involving a vacuum-formed retainer base with fast setting acrylic on the occlusal surface, a reversible method of establishing the correct occlusion to improve TMJ and airway symptoms is provided.

Joint Vibration Analysis (JVA) - The *JVA* is an optional technique used in *Myosa® for TMJBDS®* treatment to provide a visual snapshot of TMJ noise. As the patient's TMJs improve, there is less noise during joint function and this can be used to demonstrate improvement to the patient.

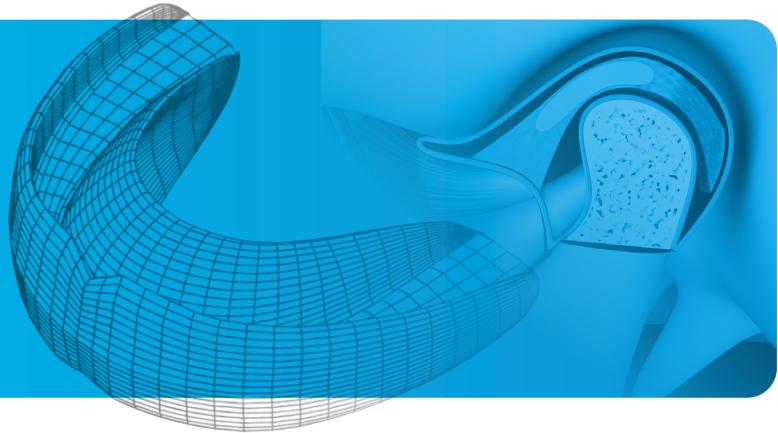
Low-level Laser - Recent advancements in laser therapies have provided excellent results for muscle and bone healing. In *Myosa® for TMJBDS®* treatment, a low-level laser is an optional but highly recommended tool to assist patients in soft and hard tissue rehabilitation.

Other techniques may also be utilised to supplement the *Myosa®* appliances.

For more information on using these techniques, please visit www.myoresearch.com or contact our support team.

The TMJ Appliance®

For Diagnosis and Immediate Treatment of TMJ Disorder



MRC's First Appliance

The TMJ Appliance® was the first product invented by MRC in 1989 when Dr Chris Farrell (CEO and Founder) realised that TMJ disorders were mainly caused by breathing and myofunctional problems, with no simple and effective way to treat it. Initially, The TMJ Appliance® was viewed by many as being too 'simple' to treat such a complex problem, however, the product has stood the test of time and over three decades on, it is still being used by practitioners all across the world to provide diagnosis of and immediate treatment for TMJ Disorder (TMD).

How Does it Work?

The TMJ Appliance® is specifically designed to assist in the diagnosis and immediate symptom relief of TMD. The appliance's flexibility allows it to be used with no fitting or adjustments and is far more comfortable than the rigid appliances that dentists often use for bruxism and TMJ issues.

The appliance has a thick section at the back (aerofoil base) that, when placed in the mouth, decompresses the inflamed TMJs, corrects disc displacement and aligns the mandible into the correct Class I relationship. Combined with features that correct tongue position and mentalis activity, painful muscles around the jaws, head and neck relax, immediately decreasing pain.

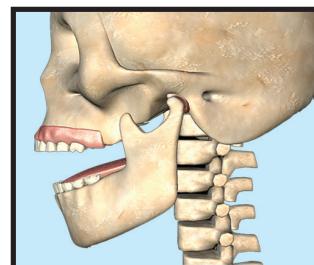
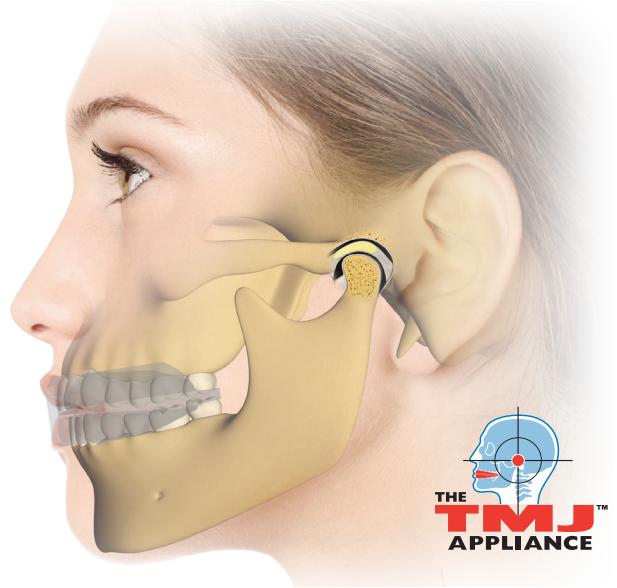
The TMJ Appliance® treats both intracapsular and extracapsular problems, aimed at relieving pressure on the TMJ, decreasing muscle tension and limiting the effects of jaw clenching, while also addressing the causes: mouth breathing and incorrect swallowing patterns.

How is The TMJ Appliance® Used?

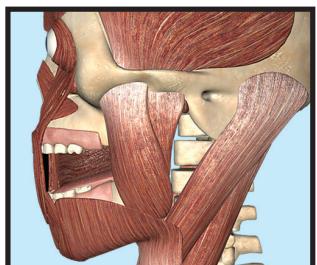
Conventional occlusal splints used by general dentists for TMD have a number of limitations. They are costly, the fabrication process can leave patients waiting for relief and, given the diffuse symptoms, correct diagnosis rates are poor. Because the breathing and myofunctional causes are also ignored, treatment can be ineffective.

As a result, The TMJ Appliance® is used by practitioners to prove or disprove whether the patient's symptoms are connected to TMD, providing immediate diagnosis. Prefabricated and cost-effective, it is also used to provide immediate relief for patients complaining of pain.

Although The TMJ Appliance® can be used indefinitely for ongoing symptom relief, the nature of TMD requires a more complex program to rehabilitate the patient. This is why it is recommended that the patient moves onto the Myosa® for TMJBDS® program once the practitioner has used The TMJ Appliance® to confirm the diagnosis and build confidence for the patient that appliance therapy can provide them with relief.



Intracapsular
Jaw pain and jaw clicking.

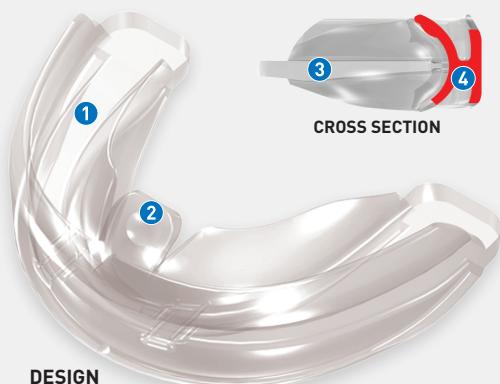


Extracapsular
Head, ear and neck pain.





USED FOR
ONE HOUR A DAY
PLUS OVERNIGHT



DESIGN FEATURES

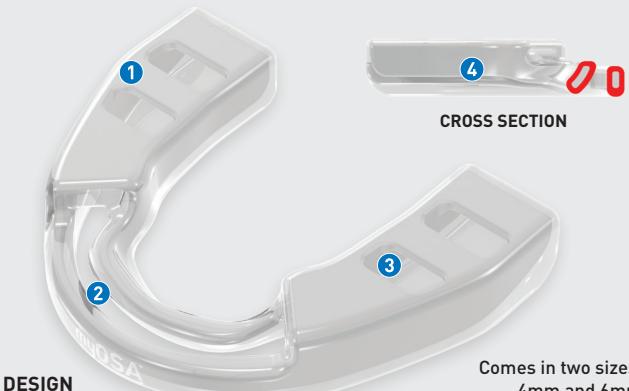
- ① **Dual arches** promote nasal breathing and limit bruxing.
- ② **Tongue tag, guard and elevators** control tongue position.
- ③ **Aerofoil base** decompresses the TMJ.
- ④ **Optimum jaw position** and vertical opening.

The Myosa® for TMJ, not requiring any special fitting, is an initial diagnostic and treatment tool for TMD. It works by decompressing the TMJ, corrects mouth breathing and tongue posture, as well as limits bruxing. The appliance achieves immediate symptom relief by alleviating pressure on the TMJ and relaxes the muscles around the jaw and neck.

Also available
in the vintage
packaging



MOULDABLE
OPTIMUM FIT



DESIGN FEATURES

- ① **Mouldable** for customised bite correction.
- ② **Low-profile** for patient comfort and easy speech.
- ③ **Hard inner core** for a tight fit.
- ④ **Aerofoil shape** for joint decompression.

Comes in two sizes,
4mm and 6mm

The Myosa® for TMD is a customisable mouldable appliance used for patients with advanced TMJ degeneration of level 4 or 5. It is worn throughout the day, except when the Myosa® for TMJBDS® appliances are being worn, and is designed to provide constant TMJ decompression to permit healing. It also has special features that allow patients to chew and talk with minimal disruption.

Bruxing Appliances



Teeth grinding, or bruxing, is a common symptom associated with mouth breathing and can be exacerbated by stress or nervous tension.

This bruxing can cause damage to the teeth including visible enamel wearing, tooth cracking and excessive tooth mobility. While the entire Myosa® range will offer some protection against the damage caused by bruxing, the Myosa® for Teeth Grinders is designed specifically for this purpose and provides a protective barrier between the teeth. Intended to deteriorate with use, these appliances can be easily replaced to prevent damage to the dentition.



- ① **Thickened base** for increased protection.
- ② **Tongue guards** assist in positioning the tongue correctly.
- ③ **Easily mouldable** in under two minutes and can be remoulded.
- ④ **Aerofoil base** decompresses the jaw joint.



Also available as
Bruxogard Soft



MOULDABLE
SINGLE LAYER
OPTIMUM COMFORT

CUSTOMISABLE



The Myosa® TG is designed to work best for bruxers who do not show any symptoms of TMJ disorders. The flexible, single-layer appliance fits comfortably in any mouth size and helps to reduce muscle tension around the mouth during sleep. Easily moulded, the TG is recommended for night-time use as well as during the day if daytime grinding is a problem.



Also available as
Bruxogard Hard



MOULDABLE
DUAL LAYER
OPTIMUM FIT

CUSTOMISABLE



The Myosa® TGH features dual-layer technology that provides optimum retention and a more durable splint. The TGH can be used as a flat plane (pivotal) splint with no occlusion or moulded into a centric or anterior repositioned occlusion. Since the appliance is often used only at night, there is less risk of detrimental occlusion changes. The TGH can also be used for preliminary TMD diagnosis.

About Myofunctional Research Co. (MRC)

MRC is the global leader in the development of intraoral appliance technology for the treatment of conditions related to breathing and myofunctional disorders, including malocclusion, TMJ dysfunction, sleep breathing disorders, snoring, bruxism, and more. Since the company was founded in 1989, it has consistently innovated new appliance systems coupled with state-of-the-art digital resources to improve patient compliance and acclaimed educational programs to help practitioners understand the most effective and efficient ways to implement this type of treatment into their modern practices. Join the countless practitioners in over 100 countries who have gained a new perspective on providing healthcare by using MRC's treatment systems today!

Start using MRC's appliance systems in three simple steps!



1 Visit our website

At www.myoresearch.com you can find online courses, appliance information and much more!

2 Contact an MRC representative

We will answer your questions and guide you at each step during implementation.

3 Continue learning

We offer in-person seminars and advanced online courses to enhance your clinical skills.

Have You Seen MRC's Other Appliance Systems?

Since 1989, MRC has been innovating cutting-edge prefabricated intraoral appliances to empower practitioners to treat the breathing and myofunctional disorders that underpin malocclusion, TMJ and sleep breathing disorders. View some of our other systems below:

myobrace®
MYOFUNCTIONAL ORTHODONTICS



The Myobrace® System packages breathing and habit correction, arch development and dental alignment into a simple and effective prefabricated appliance system.

myobrace®
FOR BRACES



Myobrace® for Braces provides simultaneous habit correction with braces, simplifying treatment, improving stability and providing numerous other benefits.

myoTALEA®
TONGUE AND LIP EXERCISE APPLIANCE



The MyoTALEA® range are active myofunctional appliances designed to improve the stretch, strength and tone of the orofacial muscles to assist in habit correction.

FOR MORE INFO VISIT WWW.MYORESEARCH.COM OR WWW.MYOSA.COM



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

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