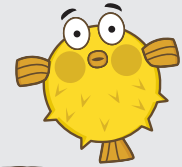




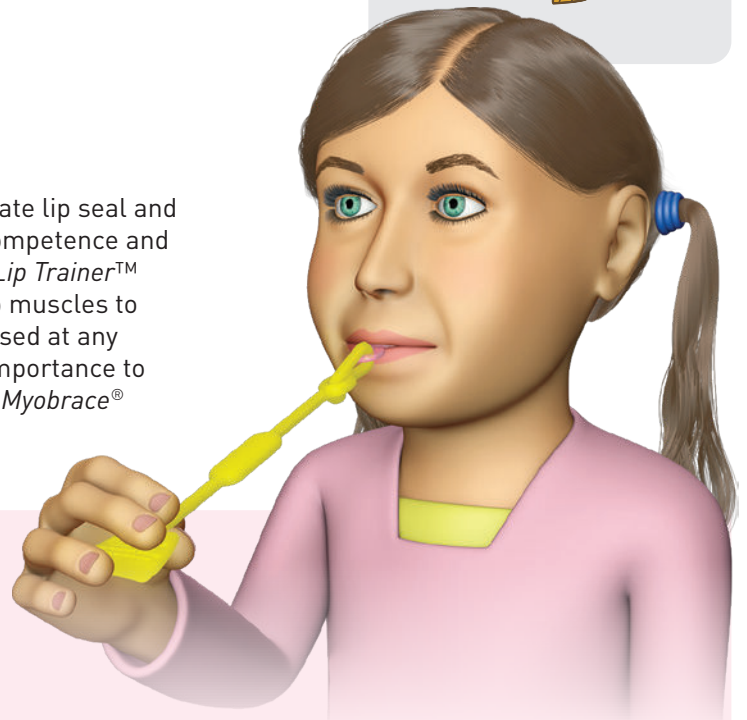
+ Lip seal
trainer

LIP STRENGTH



LIP TRAINER™ (LT)

The **Myotalea® Lip Trainer™** is designed to achieve an adequate lip seal and strengthen lip muscles. Many patients show signs of lip incompetence and poor muscle tone around the orbicularis oris muscles. The **Lip Trainer™** improves lip seal as well as strengthening and stretching lip muscles to eliminate mentalis overactivity when swallowing. It can be used at any stage of **Myobrace®** or **Myosa®** treatment. It is of particular importance to finalise lip seal and nasal breathing correction at the end of **Myobrace®** treatment and all throughout **Myosa®** treatment.



INSTRUCTIONS FOR USE

The **Lip Trainer™** should be used for 5 minutes, twice daily.

1. Attach the strap to the **Lip Trainer™** by pushing it upwards through the hole on the **Lip Trainer™** tab.
2. Then push it downwards through the hole on the strap. Pull on the end of the strap to secure it in place.
3. Insert the **Lip Trainer™** with the lip bumpers on the lower side.
4. Close lips over the **Lip Trainer™**, hold the strap and pull on it horizontally while keeping the lips squeezed together tightly.
5. If the **Lip Trainer™** falls out, place it back into the mouth and use just enough force for the lips to hold the **Lip Trainer™** in place.
6. Vary the exercise by pulling the strap slightly upwards and then slightly downwards to strengthen the upper and lower lips individually.
7. Repeat this exercise for 5 minutes.

IMPORTANT: Keep the tip of the tongue on 'the spot' and slightly fill the mouth with air to ensure that the **Lip Trainer™** does not 'suction' to the teeth as this will work the wrong muscles!

APPLIANCE FEATURES

- **Ideal arch shape** perfectly adapts to the orbicularis oris and helps strengthen the muscle when combined with the strap tether.
- **Strap tether** allows patient to pull the appliance in multiple directions and enables individual lip muscle training.
- **Lip bumper** provides feedback to the lower lip muscles so that the mentalis muscle does not activate when a patient swallows.

APPLICATIONS

- ✓ Suitable at any stage of **Myosa®** or **Myobrace®** treatment, particularly to finalise treatment.
- ✓ Helps strengthen the orbicularis oris.
- ✓ Helps deactivate the mentalis muscle when patient is swallowing.
- ✓ Suitable for patients with incompetent lips to establish lip seal.
- ✓ Aids in the transition to nasal breathing by addressing lip incompetence.
- ✓ Can be used as an adjunct appliance to myofunctional therapy.

TWO APPLIANCES IN ONE

