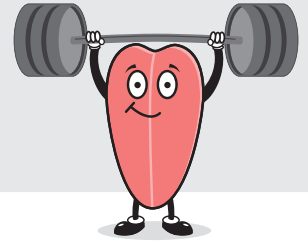




**STRENGTHENS TONGUE,
LIP AND JAW MUSCLES**



TONGUE, LIP & JAW APPLIANCE (TLJ)

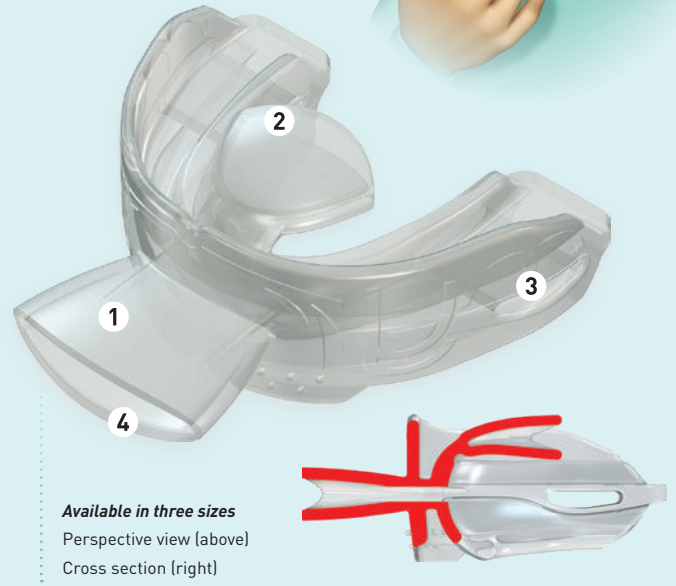
The **Myotalea® TLJ** appliance is the world's first active intraoral myofunctional appliance, designed to specifically strengthen the tongue, lip, jaw, pharyngeal and suprahyoid muscles. With the advent of the **Myotalea® TLJ**, an option now exists for practitioners who are looking to improve the strength of the oropharyngeal and airway muscles as well as transition patients to nasal breathing in one easy to use, integrative appliance.



DESIGN FEATURES

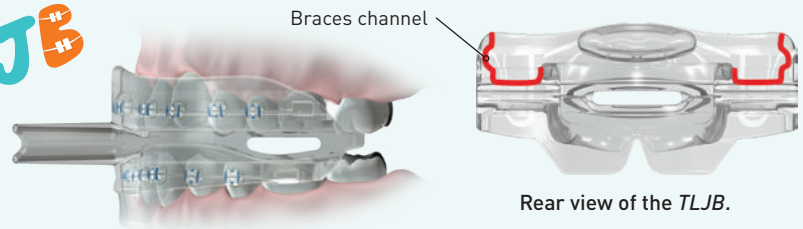
The **TLJ** has numerous features that aid in the correction of dysfunctional soft tissue habits, including:

- Habitual mouth breathing
 - Lips parted at rest
 - Low tongue rest posture
 - Lack of strength in the throat and airway muscles
 - An incorrect swallowing pattern
- 1 **Lip press tube** strengthens the lip muscles, improving lip seal and the transition to nasal breathing.
 - 2 **Tongue press tube** improves tongue strength and position.
 - 3 **Air springs** improve function of the jaw joints and muscles.
 - 4 **The Myo Variable Opening Sleep Aperture (Myovosa®)** helps to transition the patient from mouth to nasal breathing.



ALSO AVAILABLE FOR USE WITH BRACES

The **TLJ for Braces (TLJB)** includes all of the **TLJ** features, plus a channel to accommodate braces.

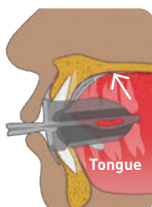


INSTRUCTIONS FOR USE

The **TLJ** should be used for **ten minutes, twice a day**.

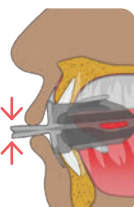
Tongue Press

Compress the tongue press tube against the roof of the mouth with your tongue and either release the tube immediately or hold it for three breaths, then release.



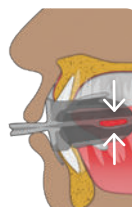
Lip Press

Press your lips together to compress the lip press tube and either release the tube immediately or hold it for three breaths, then release.



Jaw Press

Bite together with the appliance in place to compress the air springs and either release immediately or hold for three breaths, then release.



Head Tilt Variation (Advanced Technique)

Once you can comfortably perform the tongue, lip and jaw activities, repeat them with the head tilted backwards to target the muscles of the throat and airway. There should be no discomfort in the head, neck and/or jaw during this exercise. Speak to your practitioner for more information.

