

## TheraBite®: Passive Motion, Strengthening and Stretching

TheraBite Jaw Mobilizer provides anatomically correct jaw motion.



Normal mouth opening range is between 40mm and 50mm.

**Trismus** refers to when the opening is less than 40mm. This can result in pain and/or spasms.

## Treatment Objectives with the TheraBite® Jaw Motion Rehabilitation System™

- Stretch muscle tissue
- Mobilize joints
- Strengthen and increase flexibility of muscles
- Reduce pain and inflammation
- Improve speech and swallowing
- Improve Range of Motion (ROM)



## Please read the Instructions for Use (IFU) manual for complete usage guidelines

1. Measure mouth opening using TheraBite Range of Motion (ROM) scales and record on the progress chart.
2. Attach the bites pads to the TheraBite as indicated in the manual.
3. Place the upper and lower mouthpiece in your mouth.
4. Gently squeeze down on the range setting arm until maximum opening is reached while still comfortable. **If you go beyond comfort, it can actually make your mouth opening worse.**
5. Set the maximum mouth opening by using the fine adjustment knob.
6. Your clinician will recommend one of the following treatment protocols, or they may recommend a different protocol. Please follow your clinician's instructions.

### 7-7-7 Protocol:

- Hold for 7 seconds.
- Let go.
- Repeat 7 times in a row.
- Repeat process 7 times per day.

### 5-5-30 Protocol:

- Hold for 30 seconds.
  - Let go.
  - Repeat 5 times in a row.
  - Hold final stretch for 30 seconds.
  - Repeat process 5 times per day.
7. Gradually increase maximum mouth opening by slowly turning the fine adjustment knob counterclockwise while making sure there is no pain.

**Caution: DO NOT use if you have osteoradionecrosis and/or a fractured jaw!**

**Caution: STOP USING if the you feel unexpected pain at any time while using the TheraBite system, and immediately contact your clinician.**

**Tip:** Regular use is key to improving mouth opening.

**Tip:** Use soap and water to clean the TheraBite Jaw Mobilizer according to the IFU

