

Instructions For MyoJaw TMJ Rehabilitation System Use (See Video)

***First set the Limiting Screw 5mm beyond what your maximum limited opening is (millimeter increments are on the body of The MyoJaw Device). For example, if you can only open 10mm, set the limiting screw to 15mm to start your home stretching therapy. As your therapy progresses, continue adjusting your limiting screw increments 5mm more each time. The goal is to reach a maximum jaw opening (the edges of your top teeth, to the edges of your bottom teeth) of 40mm-45mm. Remember, this is a marathon not a sprint... TAKE YOUR TIME AND GO SLOW!**

The “5-5-30” For TMJ-D Jaw pain with Limited Opening

- **Each day – Perform 5 stretching sessions.**
- **Each session – Stretch 5 times.**
- **Each stretch – Hold for 30 secs, rest for 30 secs.**

The “7-7-7” For Joint Maintenance Health and Normal TMJ Function

- **Each day – Perform 7 sessions.**
- **Each session – Stretch 7 times.**
- **Each stretch – Hold for 7 secs, rest for 7 secs.**