

TheraBite® Jaw Motion Rehabilitation System™ provides anatomically correct passive jaw motion to improve strength, range of mouth opening, and speech intelligibility.



TheraBite: Passive Motion, Strengthening and Stretching

Upper and Lower Mouthpiece:
Spreads the force equally across the teeth and holds the bite pads.

Curved track:
Guides the mandible within the natural pathway.



Range Setting Arm:
May be adjusted to limit maximum opening/motion (25 to 45mm).

Fine Adjustment Knob:
Controls opening speed and distance.

TheraBite ROM scale



TheraBite® ActiveBand™

Tip: To track progress, use the exercise log and ROM scale before and after each session

Normal mouth opening is greater than 40mm.

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

Setting up TheraBite



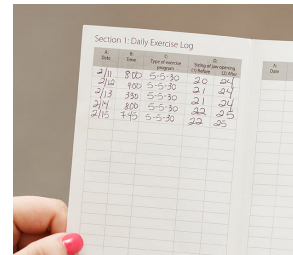
▶ **ATTACH** the bite pads as indicated in the manual.



▶ **TURN** the fine adjustment knob all the way in (counterclockwise) to stop the lever in the highest position.



▶ **MEASURE** mouth opening using TheraBite Range of Motion (ROM) scale.



▶ **RECORD** on the 'Daily Exercise Log': practice dates, times and sizing of jaw opening before and after practice.

Tip: Ensure the mouthpieces are clean and dry before applying the bite pads for optimal adherence.

Apply sufficient pressure to ensure good initial adhesion to the mouthpieces.

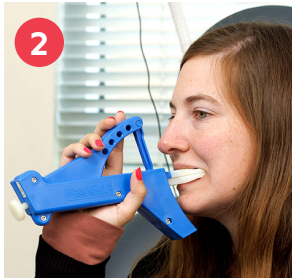
Allow the adhesive to bond overnight, if possible, before use.

Using TheraBite: Your clinician will determine the right exercise protocol.

Exercise Protocol



▶ **SQUEEZE** range setting arm slowly and hold as directed.



▶ **RELAX** jaw by letting go of the range setting arm.



▶ **REPEAT** squeezing and relaxing as directed.



▶ **MEASURE** and record mouth opening before and after practice.

Your clinician may recommend one of the following treatment protocols.

Please follow your clinician's instructions.

7 - 7 - 7

7 Sessions per day

7 opening/closings per session

7 second stretch each opening

5 - 5 - 30

5 Sessions per day

5 opening/closings per session

30 second stretch each opening

Your clinician may recommend a reduced practice schedule to maintain adequate opening long-term.



Therabite allows for repetitive passive range of motion stretch and mobilization for improved jaw opening. **If you go beyond your comfort level, your symptoms may worsen.**

Consult with your clinician if you experience pain or discomfort while using TheraBite.

Regular use is key to improving mouth opening.

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



TheraBite® ActiveBand™

TheraBite ActiveBand is an addition to the TheraBite system that provides resistance to mouth closure. The intended use of the device is to increase muscle strength and endurance of the muscles of mastication (masseter muscle, temporalis muscle, medial and lateral pterygoid muscle).

TO USE: Gently insert the mouthpieces between your teeth.

Open and close your mouth against the resistance of the ActiveBand.

Tip: Use water and dish soap to clean TheraBite. Rinse well, shake off excess water, and let dry. After cleaning, examine the bite pads and replace them if necessary.

Make sure the mouthpieces are completely dry before replacing the bite pads. Do not soak TheraBite in any liquid or wash it in a dishwasher.