

Getting Started: E-Z Flex II[®] TMJ Exerciser



The E-Z Flex II TMJ exerciser provides passive motion therapy for orofacial stiffness and joint dysfunction. Stretching and motion can help relieve joint stiffness, increase your opening, reduce pain, and is the *only* way to heal joint tissue.

The E-Z Flex II exerciser is an effective way to rehabilitate your joint by stretching and retraining your jaw muscles and tissues. Without adequate therapy, a lack of motion can result in painful and restricted jaw movement, with difficulty in eating, speaking, coughing and oral hygiene, and which can lead to more pain.

E-Z Flex II Exerciser Features:



Diligent daily use of the E-Z Flex II exerciser can provide gains in pain reduction, joint function and oral range-of-motion. You may see increases of 1-4 mm right after stretching, and 1-2 mm per week.

Use the E-Z Flex II exerciser daily as directed by your doctor. Your recovery depends on your commitment to rehabilitation and is the *only* way to assure yourself a full, functional recovery.

Benefits:

- Maximizes your jaw range-of-motion
- Prevents stiffness and scar tissue
- Nourishes joint tissues
- Reduces joint pain
- Improves jaw function
- Speeds your recovery



Helpful Hints:

- Apply the pads one hour before use to set the adhesive.
- To clean: Rinse with mouthwash, brush with toothpaste, or use dish soap. Only wash mouthpieces. Wipe body w/ moist cloth.
- Relax, and don't stretch too hard. Slow and easy.

Questions: Call us at 1-800-206-8381 for any questions about usage, insurance, cleaning. We have over 16-years of specialized experience.

Lifetime Warranty: Need help. Call us. We'll make it right, free!

The E-Z Flex II exerciser is a medical device and should only be used under the guidance of a doctor or therapist. As with any joint therapy, patient rehabilitation outcome may vary. The E-Z Flex II exerciser is a single-patient device and cannot be returned once opened.

Recommended Usage:

Dedication is absolutely necessary for your optimal recovery.

- Stretch lightly: Up to a 3 or 4 on a 10 point scale.
- Stop if you feel sharp pain.

"5x5" - TMJ Passive Motion

- Each day - Perform 5 sessions.
- Each session - Slowly open and close for 5 mins.

Muscle strength and spasms

- Daily or during spasm, one session of 10 "bites".
- Insert and open to 15mm.
- Bite down and hold for 10 seconds, rest 30 secs.

"3x5x30" Static Progressive - Trismus

- Each day - Perform 3 sessions.
- Each session - Open to light stretch, lock.
 - After 5 mins unlock, open to light stretch. Lock.
 - Repeat every 5 mins.
 - Stretch up to 30 mins.

Custom Instructions:

- _____
- _____
- _____

READ THE MANUAL AND ALL INSTRUCTIONS BEFORE USING THE E-Z FLEX II EXERCISER.



CRANIOMANDIBULAR REHAB, INC.
HELPING PEOPLE SAY AHHHH!™

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1-800-206-8381