

The OraStretch® Press:

CRANIOREHAB.COM
1-800-206-8381



Getting Started

HELPING PEOPLE SAY AHHHHH!

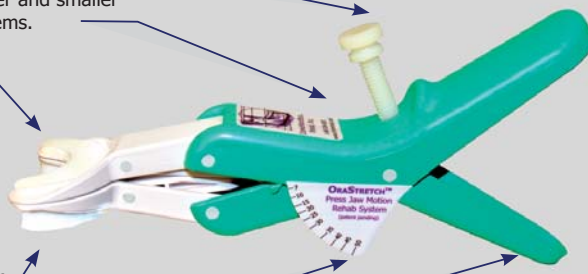


The *OraStretch* press jaw motion rehab system provides therapy for limited mouth opening and joint dysfunction. Stretching and motion can prevent trismus, increase your opening, reduce pain and stiffness, and is the **only** way to heal joint tissue.

The *OraStretch* press 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, difficulty eating, speaking, coughing and oral hygiene, all which can lead to more pain.

OraStretch Press Features

- Safety Limit Screw
- Low Profile: 50% lighter and smaller than comparable systems.
- Standard Pad - 1/8"
- ROM to full adult average
- Edentulous Pad - 3/8"
- Accessible Side Scale
- Sloped, Easy-to-hold handles



Diligent daily use of the *OraStretch* press can provide gains in oral range-of-motion. Patients may see increases in range of 1-4 mm right after stretching, and 1-2 mm per week in overall opening.

Use the *OraStretch* press 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.

Recommended Usage:

Dedication is absolutely necessary for your optimal recovery.

- Squeeze the handle to press the mouthpieces apart.
- Stretch lightly: Up to a 3 or 4 on a 10 point scale.
- Stop if you feel sharp pain.

The "7-7-7" - Improve Joint Health

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

The "5-5-30" - Prevent & Treat Trismus

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

Improve 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.

Custom Instructions:

- _____
- _____
- _____

Benefits:

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

Helpful Hints:

- **Pads:** 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.
- **Usage:** 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.

Free Exchanges, Lifetime Warranty: Need a smaller size? An extended mouthpiece? Edentulous pads? We provide the right fit, free!

Order Replacement Pads: Online or call us at 1-800-206-8381.

The OraStretch press 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 OraStretch press is a single-patient device and cannot be returned once the carrying case is opened.

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OraStretch® is a trademark of CranioMandibular Rehab, Inc.

Call us at **1-800-206-8381** or visit our website at **www.CranioRehab.com**

⚠️ READ THE MANUAL AND ALL INSTRUCTIONS BEFORE USING THE ORASTRETCH® PRESS.