

# Getting Started: TheraBite® System

## Patient Information



The TheraBite rehabilitation System is a handheld passive motion device. Passive motion is the therapeutic technique of slowly moving a joint without using your own muscles.

Passive motion helps relieve joint stiffness, increase your range of motion, reduces the need for physical

therapy, minimizes future pain medication, and is the **only** way to heal joint tissue.

Without adequate therapy, a lack of motion can deteriorate into a painful cycle of restricted jaw movement that causes difficulty with eating, speaking, coughing, and oral hygiene, which leads to more pain. The TheraBite handheld is an effective way to rehabilitate your joint by stretching and retraining your jaw muscles and tissues.

With continual and diligent use of the TheraBite, a typical patient can gain 1-2 mm per week in overall range, with short-term gains of 1-4 mm immediately after stretching sessions.

Use the TheraBite 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" - 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" - Trismus

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

#### 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:

- 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. To clean the body, wipe it with a moist cloth. Do not place in dishwasher.
- Relax, and don't stretch too hard. Slow and easy.

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

**Need Replacement Pads:** Call us at 1-800-206-8381 or visit our website at [www.CranioRehab.com](http://www.CranioRehab.com) to order more pads.

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



**READ THE MANUAL AND ALL INSTRUCTIONS BEFORE USING THE THERABITE SYSTEM.**



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