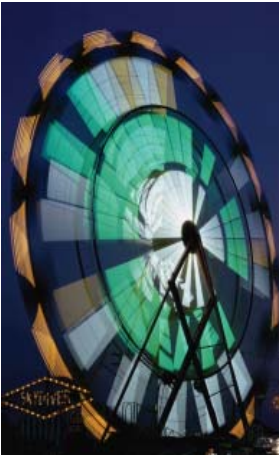


OraStretch™ Press Patient Info



The OraStretch press rehab system is a handheld jaw motion rehab device. The OraStretch press provides therapy for orofacial stiffness and joint dysfunction

Stretching and motion help relieve joint stiffness, can 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 OraStretch Press 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 OraStretch press, a typical patient can gain 1-2 mm per week in overall range of motion, with short-term gains of 1-4 mm immediately after stretching sessions.

OraStretch Press Benefits:

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



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. Don't let a limited opening limit you.

Usage and Recommended Protocols:

As with any joint, rehabilitation requires time and dedication but is absolutely necessary for your optimal recovery. Squeeze the handle to press the mouthpieces apart for a light stretch (3 or 4 on a 1-10 scale). Stop if you feel sharp pain.

The 7-7-7

- Perform 7 sessions each day.
- Stretch 7 times each session.
- Lightly stretch for 7 seconds.

The 5-5-30

- Perform 5 sessions each day.
- Stretch 5 times each session.
- Lightly stretch for 30 seconds.

Muscle strength and spasms

- Daily, one session of 5-10 bites.
- Insert and open to 10mm.
- Bite down and hold for 10 seconds.

Helpful Hints:

- * Apply the pads one hour before use to set the adhesive.
- * Call us to order more pads, up to two free per month.
- * Clean with dishsoap, brush w/ toothpaste, or mouthwash.
- * Relax, and don't stretch too hard. Slow and easy.

The OraStretch press is a medical device and should only be used under the guidance of a doctor or therapist. Please see the User Manual for device warnings and information. As with any joint therapy, patient rehabilitation outcome may vary. The OraStretch press is a single-patient device and cannot be returned once opened.

**READ THE MANUAL AND ALL
INSTRUCTIONS BEFORE USING THE
ORASTRETCH™ PRESS.**



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