

TheraBite® Patient Info



Overview

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 of motion, with short-term gains of 1-4 mm immediately after stretching sessions.

TheraBite 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 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.

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.

Joint Health: the "7-7-7"

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

Trismus: the "5-5-30"

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

Muscle strength and spasms

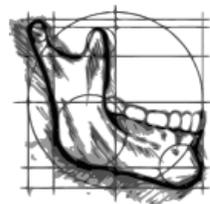
- Daily, one session of 10 "bites".
- Insert and open to 15mm.
- Bite down and hold for 10 seconds.

Helpful Hints:

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

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

**CALL US WITH QUESTIONS
ABOUT THE THERABITE
REHABILITATION SYSTEM**



CMR, INC.

CranioMandibular Rehab, Inc.

1-800-206-8381
www.cranio rehab.com

2600 W. 29th Ave #102G
Denver, CO 80211
Tel: 303-433-8770 Fax: 303-480-9115