

# OraStretch® MIO Scales

## Instructions

CRANIOREHAB.COM  
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HELPING PEOPLE SAY AHHHHH!

Measure and Track Jaw Movement

## Maximum-Interincisal-Opening (MIO) Scales

The **OraStretch®** Maximum-interincisal-opening (MIO) scales are disposable paper measuring scales for patients and providers to measure the opening, movement and function of the mouth and jaw.

### Rotational Vertical MIO Measurement:

- Instruct patient to open mouth to maximum.
- Place Tooth Notch on scale on lower teeth.
- Rotate scale until body hits the upper teeth.
- MIO is the indica in contact with teeth.  
\*You may also use the straight scale to measure the vertical oral opening.

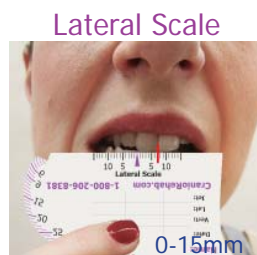


### Severely Restricted Opening MIO (<9mm):

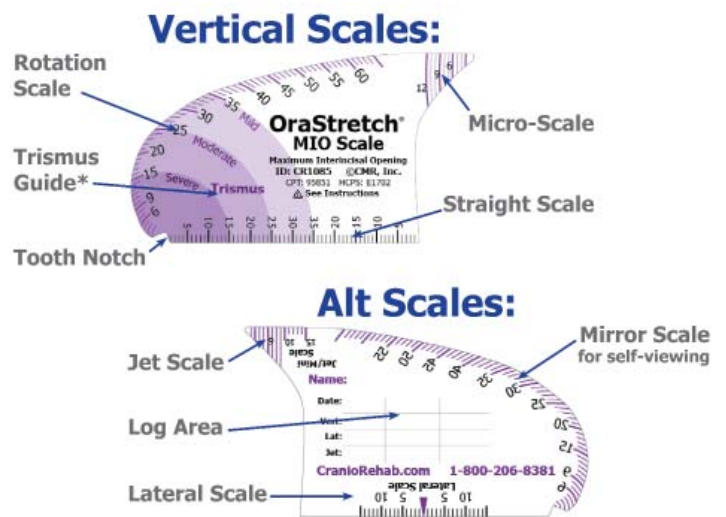
- Instruct patient to open mouth to maximum.
- Insert Micro-Scale along bottom teeth.
- MIO is indica in contact with upper teeth.

### Lateral Motion Measurement (Side-to-side):

- Instruct patient to slide bottom teeth to side.
- Align the Lateral scale 0 (^) to center of bottom teeth between the two front teeth.
- Lateral measurement is the indica located under the center of the top teeth.

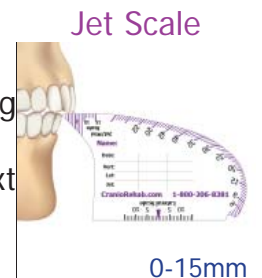


### Scale Layout



### Jet Measurement:

- Instruct patient close mouth.
- Slide Jet scale along protruding teeth to opposing teeth.
- Jet measurement is indica next to protruding teeth.



**CAUTION:** Scales use an approximate gradient for individual progress tracking. Scales are not intended as accurate prognostic device for diagnosis or specific treatment.

**CAUTION:** Scales are intended for single-patient use only. Do not place or hold scale faces in contact with oral tissues. Please review this manual carefully before prescribing and/or use of the MIO scales.

**DISCLAIMER:** No promise or guarantee of results is being made or implied. Patient outcomes will vary.

**Ordering or Questions:** Call us at **1-800-206-8381** or online at **www.CranioRehab.com**