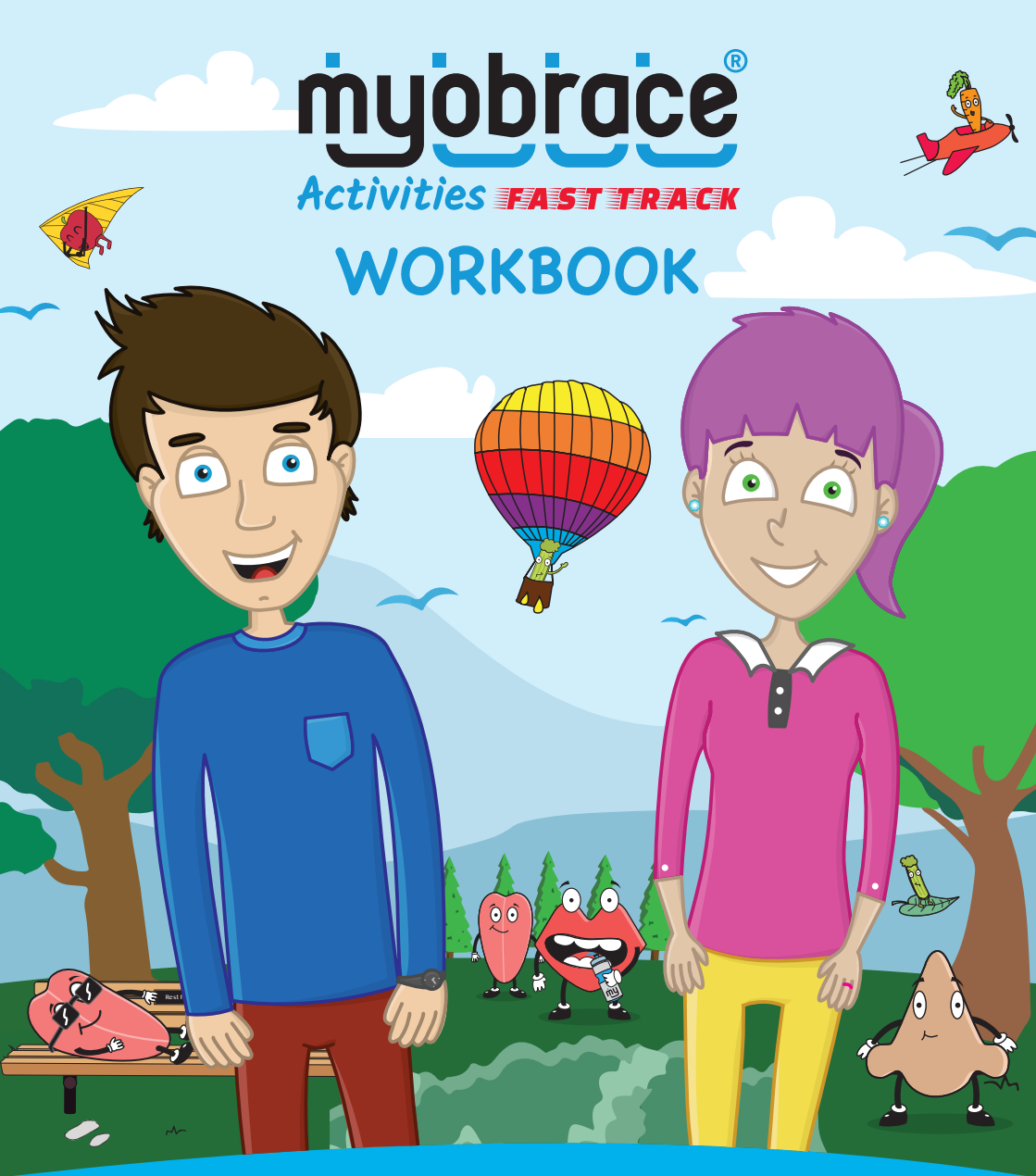


myobrace®

Activities **FAST TRACK**

WORKBOOK



The Myobrace® Activities are a series of exercises you can practise to get the most out of your Myobrace® and this Fast Track booklet can get you there even quicker!

Myobrace® - Straight Teeth the Natural Way

WELCOME TO YOUR FAST TRACK!

Did you know that the way you breathe and use your tongue, lips and cheeks have a big effect on how well your jaws grow and how straight your teeth are?

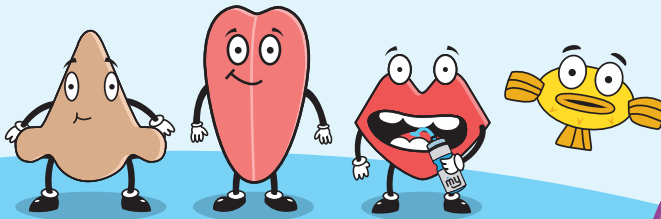
When your tongue is in the correct spot and you breathe through your nose, your jaws can grow properly and your teeth have enough room to become straight.

But if your tongue is in the wrong position, you are breathing through your mouth and swallowing using your lips, then your jaws don't grow correctly and your teeth become crooked.

Using your **Myobrace**[®] or **Myotalea**[®] appliance combined with the activities in this book will assist you in fixing these poor habits so your teeth can grow straighter.

But remember, your current habits didn't appear overnight, so it can take some time to train them to improve and feel normal.

When you practise your activities every day you will be on the *Fast Track* to having super straight teeth and correct jaw development.



You can put your **Myobrace**[®] stickers on things you regularly use, like your school bag or book, to help you remember to do your activities every day!





STAGE 1
HABIT
CORRECTION



STAGE 2
ARCH
EXPANSION



STAGE 3
FINAL ALIGNMENT
AND RETENTION



STAGE 1
HABIT
CORRECTION



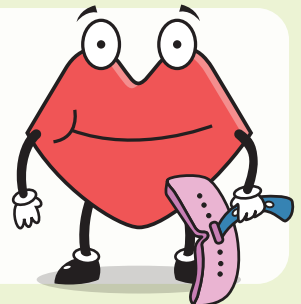
STAGE 2
ARCH
EXPANSION



STAGE 3
CUSTOMISED
DENTAL ALIGNER



STAGE 4
FINAL ALIGNMENT
AND RETENTION



Optimal results and ongoing stability depend on the usage of all appliances shown above.

HOW DOES IT WORK?

The *Myobrace*® Activities help by stretching, strengthening, and retraining your tongue, lip and cheek muscles, as well as improving the way you breathe. They will teach you to breathe through your nose normally, rest your tongue in the correct tongue resting position and swallow correctly.

FOLLOW THE SEQUENCE

The exercises in this *Fast Track* booklet must be done in order.

Without learning to breathe through your nose all the time, you can't keep your tongue in the correct position, and if you do not have the correct tongue resting position, you can't swallow correctly.

The steps work to build up the strength in your muscles. If your lip, tongue and airway muscles are weak, they won't be able to perform the correct function very well.

So hit your goals step by step.

PRACTICE IS IMPORTANT

These activities are the *Fast Track* way to get the best results from the *Myobrace*® treatment your practitioner has recommended.

Using your *Myobrace*® or *Myotalea*® appliance combined with the activities in this book will assist you in fixing poor oral habits sooner.

Following the *Myobrace*® Activities gives you the power to make faster changes, which the *Myobrace*® can't do all by itself.

SET YOUR TIME

The activities must be done every day in conjunction with your recommended one to two hour use of your *Myobrace*®. Plus, remember to use the *Myobrace*® every night while sleeping.



Some great ways to fit in your *Myobrace*® wear include:

- * Doing homework
- * Reading
- * Watching TV
- * Using a computer
- * Even while playing quietly!

Five important rules to wearing the *Myobrace*® successfully:

1. Always hold the tongue on the tongue tag.
2. Always keep your lips closed over the top of the appliance. Keep it hidden!
3. Make sure not to take it out to swallow. Although it might be tricky at first, practise swallowing with the *Myobrace*® in your mouth.
4. Do not talk with it in your mouth. *Myobrace*® time is quiet time!
5. Do not chew on the appliance, as this will cause it to become damaged and could cause your gums to be sore.

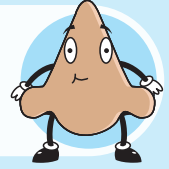
THE MYOBACE® ACTIVITIES GOALS ARE:

1

CORRECT BREATHING

Breathe through your nose all the time.

My doctor says I'm good at this

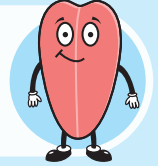


2

CORRECT TONGUE POSITION & STRENGTH

Keep your tongue in the correct position.

My doctor says I'm good at this



3

CORRECT SWALLOW

Swallow the correct way.

My doctor says I'm good at this



4

LIPS TOGETHER

Keep your lips together at all times when not speaking or eating.

My doctor says I'm good at this



HOW TO USE YOUR MYOBACE® APPLIANCE

Use your *Myobrace*® for one to two hours each day, and overnight while sleeping.

Your front teeth may become slightly tender in the early stages, this is normal. If the soreness becomes excessive, decrease *Myobrace*® application time, then you can increase to normal use when the tenderness has passed.

When you have finished wearing it each day, rinse it thoroughly under running water, then place it back into its box.



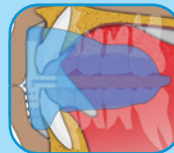
Step 1: Hold the *Myobrace*® with the tongue tag facing up.



Step 2: Place the *Myobrace*® into your mouth.



Step 3: Keep your tongue positioned on the tongue tag.



Step 4: Close down on the *Myobrace*®.



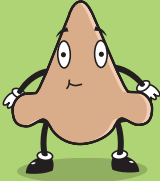
Step 5: Keep your lips together, breathe through your nose.

**Lips together,
breathe through your nose,
tongue on the spot...
and that's the lot!**



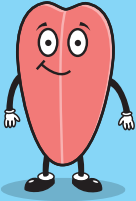
LIST OF FAST TRACK ACTIVITIES

BREATHING



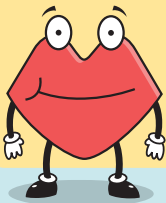
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PACES.....	10
NOSE CLEARING.....	11

TONGUE, LIP, JAW & THROAT STRENGTHENING

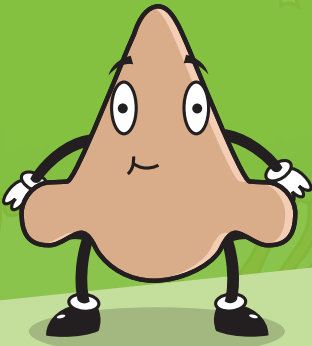


TONGUE STRENGTHENING with MYOTALEA®.....	13
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JAW STRENGTHENING with MYOTALEA®.....	15
CORRECT TONGUE RESTING POSITION.....	16
TONGUE SUCTION HOLD & STRETCH.....	17

LIP SEAL



LIP SEAL STRENGTHENING with LIP TRAINER™.....	19
LIP SEAL with LIP SEAL TRAINER.....	20

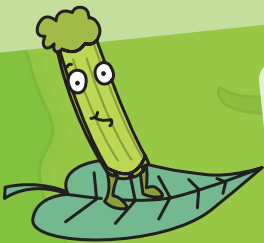


INTRODUCTION to the BREATHING ACTIVITIES

Breathing through your nose is very important for your overall health and wellbeing. Your nose filters, warms and regulates the amount of air you breathe before it reaches your lungs.

Did you know: breathing through your mouth is the incorrect way to breathe? It is one of the major causes of crooked teeth, poor jaw growth, as well as a range of breathing and sleep issues.

Myobrace® breathing activities will train you to breathe correctly through your nose.



Mouth breathing is incorrect and causes health issues.



Nose breathing is correct and good for development.

What you need:
A mirror

LIGHT BREATHING AWARENESS

This activity will help you practise the correct way to breathe using your nose and belly muscles.

Practise Light Breathing Awareness twice a day for two minutes each time.

STEP 1

Stand up straight in front of a mirror. Keep a good posture with your head up, shoulders back and back straight.

STEP 2

Breathe slowly and gently through your nose using your belly muscles.

Your breathing should be light and quiet, you shouldn't be able to hear yourself breathing.

STEP 3

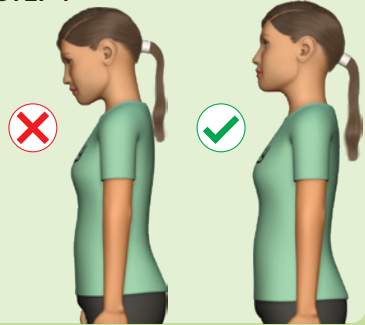
Place your hand on top of your belly and feel it rise and fall with each breath.

It should feel like there is a tiny balloon inside your belly that you are filling with air and letting out again with each breath.

IMPORTANT TIP:

Your chest and shoulders should stay still like a statue with each breath, only your belly should rise and fall.

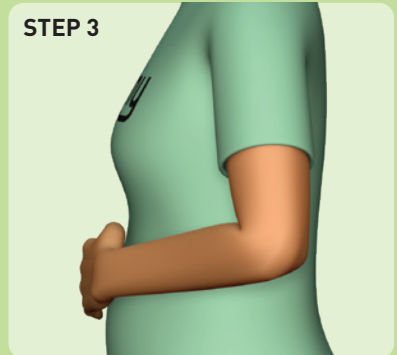
STEP 1



STEP 2



STEP 3



GOAL: I can breathe through my nose softly and silently in comfort for _____ minutes.



PACES

This activity will help you develop better breathing control and make it even easier to breathe through your nose.

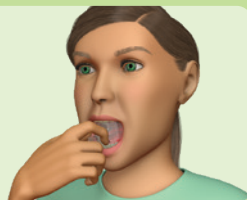
Practise the Paces activity once during the day and before going to bed at night.

What you need:
Your *Myobrace*[®]
& enough
space to walk

STEP 1

Place your *Myobrace*[®] in your mouth (see page 5) with your tongue on the tag and your lips together. Stand with your back straight, shoulders back and head up.

STEP 1



STEP 2

Place your fingers over your lips and take 5 light and gentle breaths through your nose (as in the light breathing technique on page 9).

STEP 2



STEP 3

On the last breath, breathe all the way out, pinch your nose and begin walking (holding your breath). Count your steps in your head.

STEP 3



STEP 4

When you need to breathe again, place your fingers back on your lips and breathe in and out of your nose for 5 breaths.

You can write your number of steps down while you breathe and rest.

Repeat the steps 5 times.

Aim for a total of 6 sets of Paces.

NO CHEATING!

If you breathe through your mouth before, during or after a set of Paces, it doesn't count and you have to start that set again. **Your lips should never come apart during this exercise.**

IMPORTANT TIPS:

It is normal to feel a bit puffed out as you're improving your breathing.

Try to challenge yourself to see how many steps you can do before breathing again, but remember not to make yourself uncomfortable!



GOAL: I can increase the number of Paces I can take from _____ to _____ while keeping good light breathing techniques.

What you need:
Your *Myobrace*[®]
& a mirror

NOSE CLEARING

Breathing through a blocked nose is very difficult. This activity will show you how to clear your nose so you can breathe easier.

Practise the Nose Clearing activity every day, just before you go to bed, or whenever your nose is blocked.

STEP 1

Place your *Myobrace*[®] in your mouth (see page 5) with your tongue on the tag and your lips together. Sit or stand with your back straight, shoulders back and head up.

STEP 2

Get comfortable with your lips together and gently breathe in and out through your nose.

STEP 3

After your next **breath out** pinch your nose and keep tilting your head from side to side. Do this for as long as possible before Step 4.

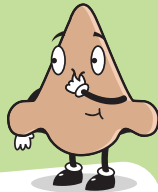
STEP 4

When you need to take your next breath, stop pinching your nose, **but make sure you continue keeping your lips closed and only breathe through your nose.**

Repeat 3 to 5 times.

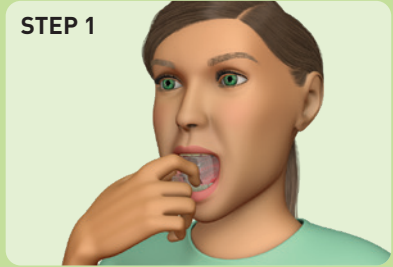
IMPORTANT TIP:

Place your fingers on your lips to remind you not to breathe through your mouth.

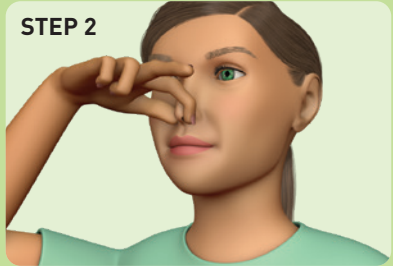


GOAL: I know I can use the nose clearing exercise _____ times to unblock my nose when it gets stuffy.

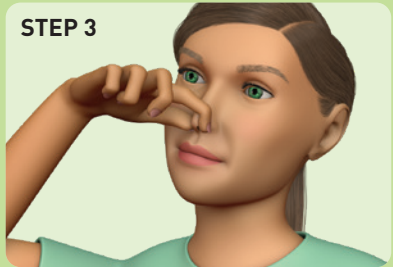
STEP 1



STEP 2

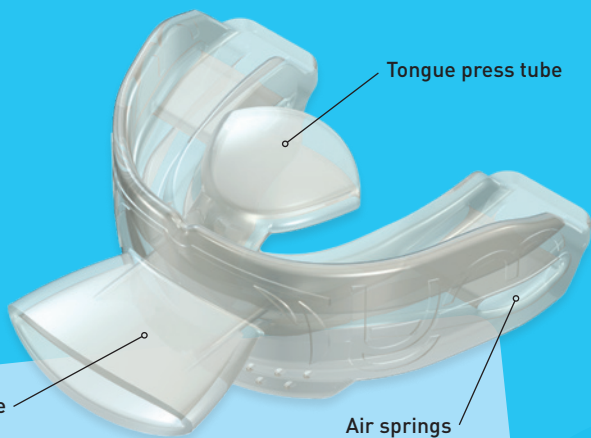
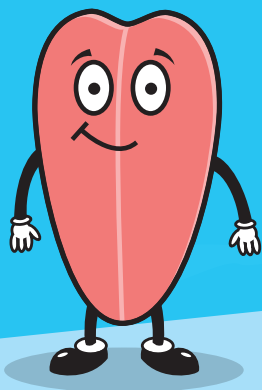


STEP 3



STEP 4





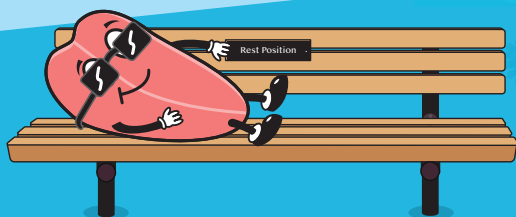
INTRODUCTION to TONGUE, LIP, JAW & THROAT MUSCLE STRENGTHENING with MYOTALEA®



Having healthy and strong muscles in your tongue, lip, jaw and throat are vital to improving your breathing as well as growing straight teeth.

Did you know: breathing through your mouth instead of your nose will usually weaken the tongue, lip, jaw, and throat muscles.

The *Myotalea*® TLJ exercising appliance helps to regain this strength back and, when practised every day, can improve the way you breathe.



TONGUE STRENGTHENING with MYOTALEA®

What you need:
Your *Myotalea*®
TLJ & a mirror

These two activities aim to improve the strength of the tongue while helping you learn the Correct Tongue Resting Position.

Practise the Tongue Strengthening With *Myotalea*® activities twice per day. Increase the number of sets each week as it becomes easier.

TONGUE PRESS

STEP 1

Place your *Myotalea*® TLJ in your mouth with the **tongue press tag** facing up, keeping the **lip press tube** between your lips. Check page 12 for appliance features.

Sit or stand with your back straight, shoulders back and head up.

STEP 2

Press the **tongue press tube** by pushing your tongue towards the roof of your mouth to close the tube as firmly as you can. **Hold for 2 seconds.**

STEP 3

Release your tongue from the roof of the mouth. **Repeat the Tongue Press 10 times.**

Complete 3 sets of 10 with 10 second breaks in between.

TONGUE PRESS & HOLD

STEP 1

Place your *Myotalea*® TLJ in your mouth with the **tongue press tag** facing up, keeping the **lip press tube** between your lips. Check page 12 for appliance features.

Sit or stand with your back straight, shoulders back and head up.

STEP 2

Press the **tongue press tube** by pushing your tongue towards the roof of your mouth to close the tube as firmly as you can. **Hold for 3 breaths.**

STEP 3

Release your tongue from the roof of the mouth. **Repeat the Tongue Press & Hold for 3 minutes.**

IMPORTANT TIPS:

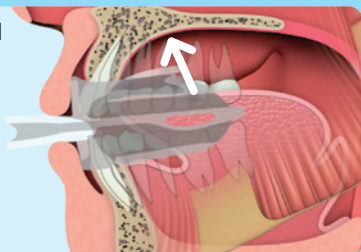
When breathing, keep your lips together and breathe lightly through your nose.

Closing the tube against the roof of your mouth firmly works the tongue muscle so it can get nice and strong!

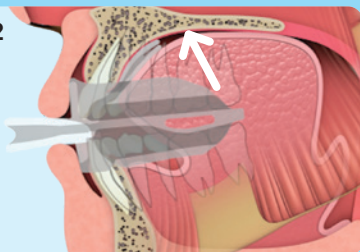


GOAL: I can easily complete ____ sets without my muscles feeling tired!

STEP 1



STEP 2



LIP STRENGTHENING with MYOTALEA®

What you need:
Your *Myotalea*®
TLJ & a mirror

These two activities will help strengthen your lips so it will be easier for them to stay together without you having to think about it.

Practise the Lip Strengthening With *Myotalea*® activities twice a day.

Once you are comfortable with the exercise, try practising the lip and tongue exercises together.

LIP PRESS

STEP 1

Place your *Myotalea*® TLJ in your mouth with the **tongue press tag** facing up, keeping the **lip press tube** between your lips. Check page 12 for appliance features.

Sit or stand with your back straight, shoulders back and head up.

STEP 2

Press your lips firmly together to flatten the **lip press tube** as much as you can.

STEP 3

Now release your lips for 2 seconds.

Repeat the Lip Press 10 times.

Aim for 3 sets of 10 with 10 second breaks in between. Increase the number of sets each week as it becomes easier.

LIP PRESS & HOLD

STEP 1

Place your *Myotalea*® TLJ in your mouth with the **tongue press tag** facing up, keeping the **lip press tube** between your lips. Check page 12 for appliance features.

Sit or stand with your back straight, shoulders back and head up.

STEP 2

Press your lips firmly together to flatten the **lip press tube** as much as you can.

STEP 3

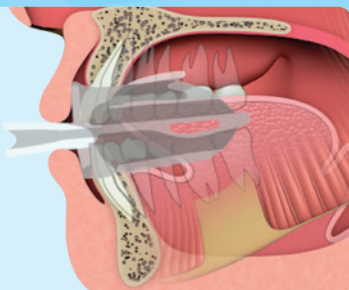
Hold this position for 3 breaths while breathing lightly through your nose.

After 3 breaths, release your lips and rest for 10 seconds. **Repeat the Lip Press & Hold for 3 minutes.**

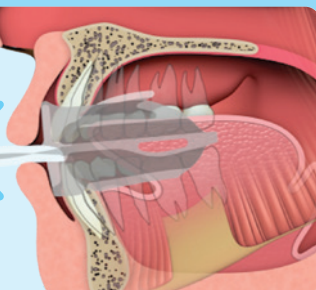


GOAL: I can easily complete _____ sets
without my muscles feeling tired!

STEP 1



STEP 2



What you need:

Your *Myotalea*[®]

TLJ & a mirror

JAW STRENGTHENING with MYOTALEA[®]

These jaw joint activities are very important for improving how your jaws work and the correct position of the jaws.

Practise both variations of the Jaw Strengthening With *Myotalea*[®] activities twice daily. Increase the number of sets each week as it becomes easier.

JAW PRESS

STEP 1

Place your *Myotalea*[®] TLJ in your mouth with the **tongue press tag** facing up, keeping the **lip press tube** between your lips, and with your teeth placed comfortably in the tooth channels. Check page 12 for appliance features.

Sit or stand with your back straight, shoulders back and head up.

STEP 2

Lightly bite down on the appliance to flatten the **air springs**.

STEP 3

Hold for 2 seconds. Then relax.

Repeat this hold 10 times.

Relax your jaw and rest for 10 seconds.

Aim for 3 sets of 10.

JAW PRESS & HOLD

STEP 1

Place your *Myotalea*[®] TLJ in your mouth with the **tongue press tag** facing up, keeping the **lip press tube** between your lips, and with your teeth placed comfortably in the tooth channels. Check page 12 for appliance features.

Sit or stand with your back straight, shoulders back and head up.

STEP 2

Lightly bite down on the appliance to flatten the **air springs**.

STEP 3

Hold your jaws in this position for **3 breaths** while keeping your lips together and breathing lightly through your nose.

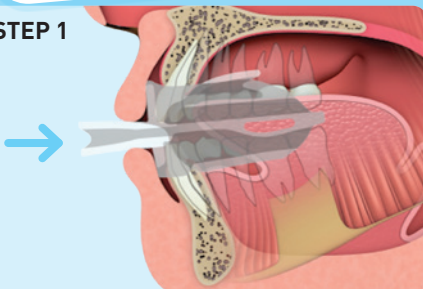
Relax your jaw and rest for 10 seconds.

Repeat this exercise for 3 minutes.

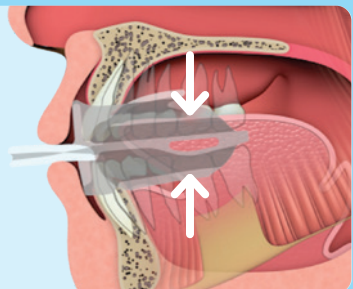


GOAL: I can easily complete ____ sets without my muscles feeling tired!

STEP 1



STEP 2



What you
need:
A mirror

CORRECT TONGUE RESTING POSITION

This activity will show you where your tongue should be whenever you're not eating or speaking as well as help to strengthen your tongue.

Practise the Correct Tongue Resting Position activity twice a day.

STEP 1

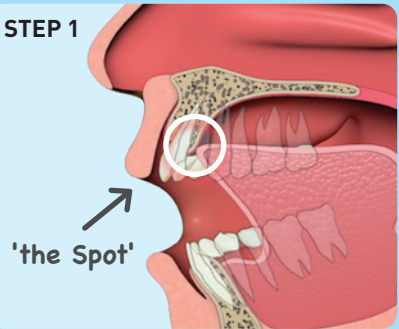
Sit or stand with your back straight, shoulders back and head up.

Place the tip of your tongue just behind your front teeth where the roof of your mouth begins to curve upwards.

We call this 'the Spot'.

Your tongue should be behind your teeth but not touching or pushing on them.

STEP 1



STEP 2

Push the rest of your tongue up to sit comfortably against the roof of your mouth, making sure that the tip of your tongue never leaves 'the Spot'. This is known as the **Correct Tongue Resting Position**.

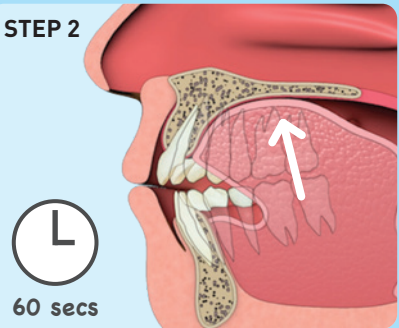
Keep the muscles in your lips and face relaxed.

Your back teeth should be close but resting slightly apart, while your lips are closed.

Hold for 60 seconds.

Challenge yourself to build your time to see how long you can hold this position for.

STEP 2



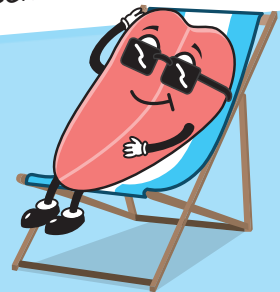
IMPORTANT TIPS:

If you're having trouble, another good way of finding 'the Spot' is by making an 'n' sound.

If your tongue does not fit comfortably in the roof of your mouth, do your best to keep the tip of your tongue on 'the Spot'. Eventually you should be able to comfortably fit the whole tongue in the roof of your mouth.



GOAL: I can maintain my tongue resting position with relaxed lips and cheeks for _____ minutes.



What you need:
A mirror

TONGUE SUCTION HOLD & STRETCH

This activity is good for relaxing your tongue muscles while helping to make your tongue strong.

Practise the Tongue Suction Hold & Stretch activity twice a day.

STEP 1

Sit or stand with your back straight, shoulders back and head up.

Place your tongue in the Correct Tongue Resting Position (see page 16).

STEP 2

Once the whole top surface of your tongue is touching the roof of your mouth, create a suction to keep it in place.

STEP 3

Slowly open your mouth as wide as possible while keeping your tongue suctioned to the roof of your mouth. You should feel it stretching under your tongue.

Keep it suctioned there for 60 seconds.

Check in the mirror that your lips and cheeks are relaxed.

STEP 4

Use a timer to see how long you're holding the position to track how well you're going.

Once you are able to keep it suctioned there for 60 seconds, challenge yourself to see if you can hold your tongue in the position for longer.

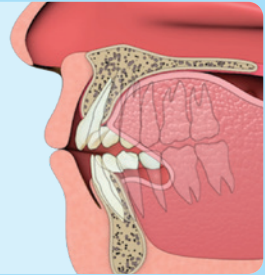
Keep a record of how long you can hold the stretch for your practitioner.

IMPORTANT TIPS:

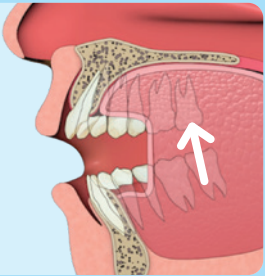
The Correct Tongue Resting Position is when the front, middle, back and sides of the top of your tongue are all touching the roof of your mouth.

When you're comfortable with Tongue Suction Hold & Stretch, you can try doing the activities with your head slightly tilted back. Just be careful not to tilt your head back too far.

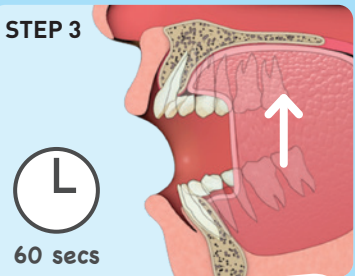
STEP 1



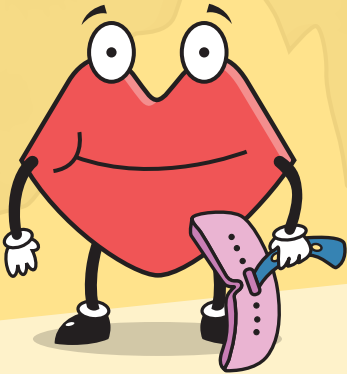
STEP 2



STEP 3



GOAL: I can stretch my tongue in suction hold without it falling down or sliding off the right spot for ____ seconds.

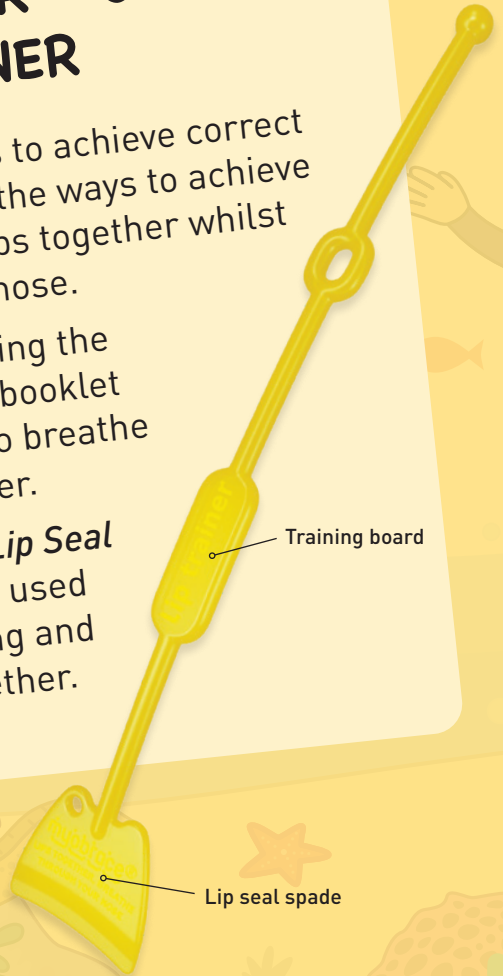


INTRODUCTION to the LIP TRAINER™ & LIP SEAL TRAINER

One of your main goals is to achieve correct breathing habits. One of the ways to achieve this is by keeping your lips together whilst breathing through your nose.

Did you know: by following the simple activities in this booklet you can train yourself to breathe through your nose better.

The *Lip Trainer*™ and *Lip Seal Trainer* appliances are used to help you with sealing and keeping your lips together.



+ Lip seal
Trainer

LIP SEAL STRENGTHENING with LIP TRAINER™

What you need:
Your *Lip Trainer*™
& a mirror

This exercise will strengthen your lip muscles and make it easier to keep your lips together whenever you're not eating or speaking.

Practise the Lip Seal Strengthening With *Lip Trainer*™ activity twice a day. Increase the number of sets each week as it becomes easier.

STEP 1

Place your *Lip Trainer*™ in your mouth with your tongue tip on 'the Spot' (see page 16). Sit or stand with your back straight, shoulders back and head up.

STEP 2

Squeeze your lips firmly together with your chin and cheeks relaxed while you hold onto the strap, making sure you breathe through your nose.

Gently pull the *Lip Trainer*™ away from your mouth.

STEP 3

Angle the strap up and down slowly, keeping your chin and cheeks relaxed and your lips together.

Repeat this exercise for 2 minutes.

IMPORTANT TIPS:

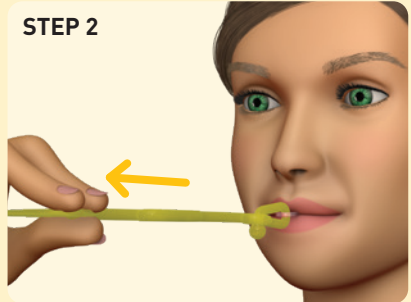
It's a good idea to keep the mouth slightly filled with air to stop the *Lip Trainer*™ from suctioning to the teeth, as this will work the wrong muscles.

If the *Lip Trainer*™ pops away from the teeth suddenly when pulling, try again with a little more air between the *Lip Trainer*™ and your cheeks (it may have been suctioning against the teeth).

STEP 1



STEP 2



STEP 3



GOAL: I can practise with my *Lip Trainer*™ pulling forward, up and down keeping my cheeks and chin relaxed for ____ minutes.

What you need:
Your *Lip Seal Trainer* & a mirror

LIP SEAL with LIP SEAL TRAINER

This exercise will strengthen your lip muscles and make it easier to keep your lips together whenever you're not eating or speaking.

Practise the Lip Seal With *Lip Seal Trainer* activities twice a day.
Increase the time each week as it becomes easier.

TRAINING BOARD

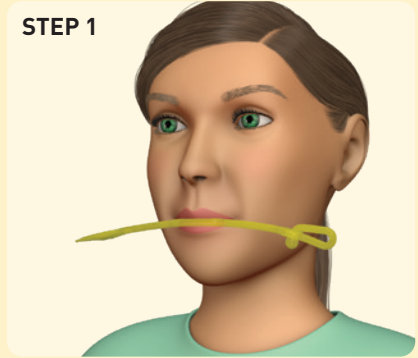
STEP 1

Place the **training board** between your lips and lightly close them enough to hold it in place. Check page 18 for appliance features.

Hold for 5-10 minutes.

Don't roll your lips into your mouth, you should be able to see the lips resting comfortably together with relaxed chin and cheeks.

STEP 1



LIP SEAL SPADE

STEP 2

Place the **lip seal spade** between your lips and lightly close them enough to hold it in place. Check page 18 for appliance features.

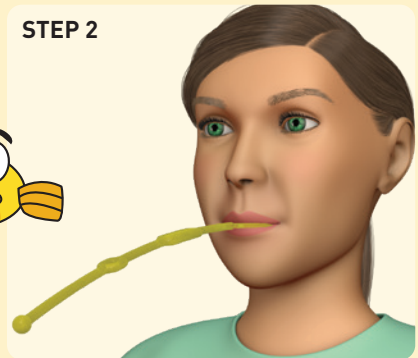
Hold for 5-10 minutes.

Don't roll your lips into your mouth, you should be able to see the lips resting comfortably together with relaxed chin and cheeks.

SWAP OVER



STEP 2



GOAL: I can easily hold the training board for _____ minutes per day.

I can easily hold the lip seal spade for _____ minutes per day.



Are your lips
together?



BENEFITS OF THE MYOBACE® ACTIVITIES

The *Myobrace*® Activities are simple exercises that are combined with the *Myobrace*® appliances to correct the way we breathe and use our tongue, lip and cheek muscles.

If this is not done, straightening the teeth becomes difficult and can easily result in the teeth crowding up. This is why treatment with braces relies on a retainer for life to keep the teeth straight.

There are other oral exercising programs out there, but the *Myobrace*® Activities is the most simple and intelligently structured to achieve the best outcomes when combined with the *Myobrace*® appliances.

THE PROBLEM

How we breathe, use our tongue and swallow, has a big influence on how our jaws grow and where our teeth are positioned.

When we breathe through our nose, rest our tongue in the roof of the mouth, and swallow without using the muscles of the face, we can achieve the best jaw growth and tooth position.

But when we breathe through the mouth, it causes our tongue to drop from its correct position, and we swallow incorrectly. These poor habits combine to create underdeveloped jaws and crowded teeth.

Mouth breathing can also affect our health, making us feel tired and impacting our other brain and bodily functions.

Breathing is one of the most important functions our bodies must do, and our noses are perfectly made for breathing as they warm, clean and humidify the air we breathe (like a filter).

By using the *Myobrace*® appliances and performing the *Myobrace*® Activities each day, you can work towards breathing through your nose and using your tongue, lip and cheek muscles correctly. This will help your jaws grow properly, your teeth to align, and for you to feel better overall by breathing correctly!

MORE INFORMATION

For more information on the *Myobrace*® program and its benefits, please read the *Myobrace*® Parent Information booklet.



Myobrace® Parent Information booklet

To get the best results, it is important to work through all the relevant stages of *Myobrace*[®].



ACTIVITIES REPORT

This Activities Report will allow you to track your progress over the course of your *Myobrace*® treatment.

Your practitioner would have recommended you wear your *Myobrace*® for at least one hour every day and while sleeping. Your results will heavily depend on you wearing your appliance and doing the *Myobrace*® Activities every day.

Start by recording the week number and the activity you have been practising that week. Each day simply write how long you wore your *Myobrace*® throughout the daytime, whether you completed the activity, and if you wore it overnight. It is a good idea to make a copy of the next two pages before you start so you have extra pages when you run out of space in this booklet.

Ask your practitioner if you need additional record sheets!

Example

- 1 Write the week number.
- 2 Fill in which *Myobrace*® activity you were working on.
- 3 Write your overall *Myobrace*® use for the daytime.
- 4 Tick if you have completed the *Myobrace*® activity twice a day.
- 5 Tick the first box if you put the appliance in before going to sleep and tick the second box if it stayed in the entire night.

Week: 1	Activity: Correct Tongue Resting Position						
	SUN	MON	TUE	WED	THU	FRI	SAT
Awake Use Write your overall time	45min	1hr	1.5hrs	1.5hrs	2hrs	30min	1hr
Myobrace® Activity Tick if completed	✓ X	X X	X ✓	✓ ✓	✓ ✓	✓ ✓	✓ ✓
Asleep Use Tick if worn	✓ X	X X	✓ X	X ✓	✓ ✓	✓ ✓	✓ ✓

Week:

Activity:

	SUN	MON	TUE	WED	THU	FRI	SAT
Awake Use Write your overall time							
Myobrace® Activity Tick if completed							
Asleep Use Tick if worn							

Start here!

Use the *Myobrace*® for one hour every day and while sleeping. Patient compliance is essential for effective treatment.

Week:

Activity:

	SUN	MON	TUE	WED	THU	FRI	SAT
Awake Use Write your overall time							
Myobrace® Activity Tick if completed							
Asleep Use Tick if worn							

Week:

Activity:

	SUN	MON	TUE	WED	THU	FRI	SAT
Awake Use Write your overall time							
Myobrace® Activity Tick if completed							
Asleep Use Tick if worn							

Week:

Activity:

	SUN	MON	TUE	WED	THU	FRI	SAT
Awake Use Write your overall time							
Myobrace® Activity Tick if completed							
Asleep Use Tick if worn							

Week:

Activity:

	SUN	MON	TUE	WED	THU	FRI	SAT
Awake Use Write your overall time							
Myobrace® Activity Tick if completed							
Asleep Use Tick if worn							

Use the *Myobrace®* for one hour every day and while sleeping. Patient compliance is essential for effective treatment.

PACES RECORD SHEET

This activity will help you develop better breathing control and make it even easier to breathe through your nose.

Practise the Paces activity once during the day and before going to bed at night.

STEP 1

Place your *Myobrace*® in your mouth (see page 5) with your tongue on the tag and your lips together. Stand with your back straight, shoulders back and head up.

STEP 2

Place your fingers over your lips and take 5 light and gentle breaths through your nose.

STEP 3

On the last breath, breathe all the way out, pinch your nose and begin walking (holding your breath). Count your steps in your head.

STEP 4

When you need to breathe again, place your fingers back on your lips and breathe in and out of your nose for 5 breaths.

Fill in the sun/moon with the amount of steps taken while you breathe and rest.

Repeat the steps 5 times.

Aim for a total of 6 sets of Paces.



Ask your practitioner if you need additional record sheets!

Example

- 1 Use the sun tiles to record how many steps you can take for each set of Paces done during the day.
- 2 Use the moon tiles to record how many steps you can take for each set of Paces done before going to bed.
- 3 Make sure to recover for 5 nasal breaths between each new set of Paces.
- 4 There are 6 sun/moon tiles for you to fill in after each set of Paces. Make sure you complete all 6 sets in a row without using your mouth to breathe.



Day 1



No. 1 - Recover
for 5 breaths



No. 2 - Recover
for 5 breaths



No. 3 - Recover
for 5 breaths



No. 4 - Recover
for 5 breaths



No. 5 - Recover
for 5 breaths



No. 6 - Recover
for 5 breaths

Day 2



No. 1 - Recover
for 5 breaths



No. 2 - Recover
for 5 breaths



No. 3 - Recover
for 5 breaths



No. 4 - Recover
for 5 breaths



No. 5 - Recover
for 5 breaths



No. 6 - Recover
for 5 breaths

Day 3



No. 1 - Recover
for 5 breaths



No. 2 - Recover
for 5 breaths



No. 3 - Recover
for 5 breaths



No. 4 - Recover
for 5 breaths



No. 5 - Recover
for 5 breaths



No. 6 - Recover
for 5 breaths

Day 4



No. 1 - Recover
for 5 breaths



No. 2 - Recover
for 5 breaths



No. 3 - Recover
for 5 breaths



No. 4 - Recover
for 5 breaths



No. 5 - Recover
for 5 breaths



No. 6 - Recover
for 5 breaths

Day 5



No. 1 - Recover
for 5 breaths



No. 2 - Recover
for 5 breaths



No. 3 - Recover
for 5 breaths



No. 4 - Recover
for 5 breaths



No. 5 - Recover
for 5 breaths



No. 6 - Recover
for 5 breaths

Day 6



No. 1 - Recover
for 5 breaths



No. 2 - Recover
for 5 breaths



No. 3 - Recover
for 5 breaths



No. 4 - Recover
for 5 breaths



No. 5 - Recover
for 5 breaths



No. 6 - Recover
for 5 breaths

Day 7



No. 1 - Recover
for 5 breaths



No. 2 - Recover
for 5 breaths



No. 3 - Recover
for 5 breaths



No. 4 - Recover
for 5 breaths



No. 5 - Recover
for 5 breaths

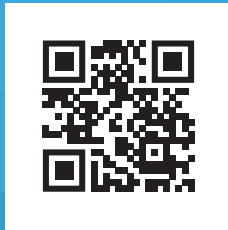


No. 6 - Recover
for 5 breaths

myobrace®

STRAIGHT TEETH THE NATURAL WAY

Visit www.myobrace.com



Clinic Name: _____ Practitioner Name: _____

Your Name: _____ Date of Birth: _____

Favourite Colour: _____ Favourite Food: _____

Favourite Game: _____ Favourite Things: _____