



PATIENT INSTRUCTIONS

Jaw Dynasplint® System

Corporate Headquarters:
800.638.6771 toll-free
800.380.3784 fax

Canada:
800.668.9139 toll-free
905.851.3494 fax

Europe:
31.45.523.0418 phone
31.45.523.1303 fax

www.dynasplint.com

I acknowledge receipt of these patient instructions, which I have read and fully understand.

Signature

Print Name

Date

IMPORTANT: The Jaw Dynasplint® System is designed to assist in the therapy of a patient who has limited jaw opening due to any number of causes such as muscle injury, surgical procedures, radiation therapy, temporomandibular joint dysfunction, osteoarthritis, post infection, or trauma. The Jaw Dynasplint® System is designed to be an active, functional part of a comprehensive, oral rehabilitation program.

DYNASPLINT® and Dynasplint® Systems are registered trademarks of Dynasplint Systems, Inc.
Rev. 06/2017



Stretch Beyond Your Expectations.®

FITTING INSTRUCTIONS

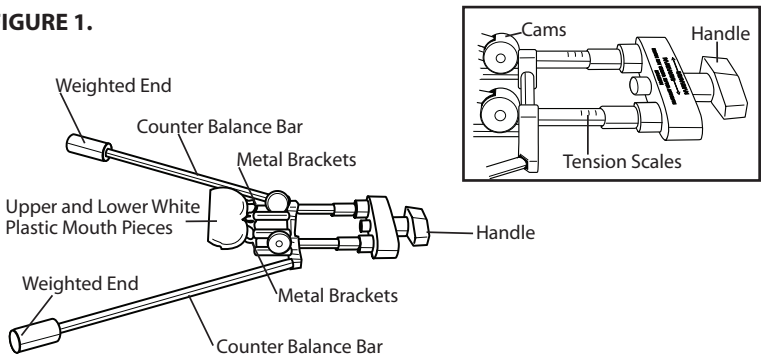
STANDARD FITTING INSTRUCTIONS:

Sitting Down Position

STEP 1: Take the Jaw Dynasplint® System out of its box. There are two white plastic mouth pieces that fit on to the working end of the unit. The upper part of the Jaw Dynasplint® System is labeled with instructions near the handle. The beveled ends of the plastic mouth pieces face outward, away from the handle toward the mouth. The standard mouth pieces have pads that are used to cushion the teeth or gums.

STEP 2: Attach the counterbalance bars into the Jaw System by screwing them into their respective openings lateral to the spring housing. See Figure 1. The weighted ends are toward the patient, opposite the handle.

FIGURE 1.

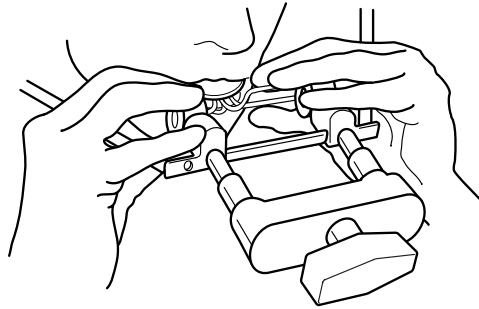


STEP 3: Prior to each session of using the Jaw Dynasplint® System to increase your oral opening, it may be advisable to apply moist heat to the affected muscles for 10-20 minutes to enhance the effects of your new device. You may want to use ice to the same muscles after use. An analgesic or anti-inflammatory medication may also enhance the treatment (ask your clinician before incorporating moist heat).

STEP 4: With the Jaw System in the closed position (set on zero) and with your mouth open, insert the Jaw System's plastic mouthpiece as far into the mouth to enable your teeth/gums to rest comfortably near the front edge of the arched end of the mouthpieces. See Figure 2. The handle is then turned slowly in the direction shown on the handle housing to increase the tension until you can feel a gentle stretch, while your mouth is relaxed in an open position. This will cause increased resistance and gently stretch the muscles of mastication to increase your oral opening.

STEP 5: Once the initial comfortable tension level is determined (Step 4), this will be your beginning setting for your first several sessions. The tension settings are marked on both cylinders. See Figure 2.

FIGURE 2.



- STEP 6:** Allow the muscles to stretch to this new comfortable position for 2-5 minutes. This should never be painful but you should feel a stretching sensation. After at least two hours of rest between sessions, repeat this activity. Increase stretch time by two minutes per session as long as there is no discomfort. You may include three to four sessions per day, gradually increasing your stretch time each session, until you reach 30 minutes per session. The goal is to ultimately reach a total cumulative stretch time of 90 minutes per day before increasing the tension. Once the goal has been met, you may then turn the handle again slowly to increase your oral opening. You will feel the stretch to your muscles increase. By increasing the tension slowly, in small increments, you will not cause any harm to your muscles.
- STEP 7:** It is advisable that you do not increase your oral opening more than one number on the scale at any one session without your clinician or Dynasplint® Specialist being present to monitor your progress. More pressure is not always better! Take your time and be patient. The Jaw Dynasplint® System is designed to increase your oral opening over time.
- STEP 8:** You should not use the Jaw System for more than five minutes the first several times. After that, add two minutes per use, not to exceed thirty minutes per usage. Once reaching 30 minutes per session, the Jaw Dynasplint® System can be used up to three times per day for therapy. Increase the time of wear rather than of increasing the tension applied. Once the optimal time is achieved, then and only then should the tension be increased.
- STEP 9:** Remove the Jaw System from your mouth by turning the handle in the opposite direction down to "0" or pinching together the metal brackets that hold the two mouth pieces. This will allow you to easily remove it from your mouth.
- STEP 10:** After using the Jaw System for the required time you may benefit by using an ice pack for five to fifteen minutes to reduce any discomfort and to help reduce any inflammation in your muscles.
- STEP 11:** Clean the pads using warm soapy water, pat dry with a towel and set-aside for the next use.
- STEP 12:** You should see your physical therapist or doctor regularly to monitor your progress.

STEP 13: Use the enclosed log sheet and measuring device to record the improvement in your oral opening. Your physical therapist and doctor will use this record to review your progress. Remember to always use the same location, preferably your incisors (front teeth), to measure your oral opening.

STEP 14: Adjunctive therapy for use with the Jaw Dynasplint® System can be recommended by your physical therapist or doctor as follows: Tens unit or Alpha Stimulator, muscle relaxant medication, and/or anti-inflammatory medication, moist heat, cryotherapy, massage, joint mobilization, and trigger point therapy (if indicated).

Lying Down in the Supine Position

STEP 1: The counter balance rods are not used. Otherwise follow the same protocol.

STEP 2: Your head may be raised on one pillow.

Continue to follow your physician's or therapist's instructions regarding your home therapy program while wearing the Dynasplint® System. Record your comments daily on the evaluation sheet (back page of booklet) for review with your Dynasplint® Systems sales consultant.

CLINICIAN'S PRESCRIBED TREATMENT SCHEDULE

These are guidelines only. Remove the Dynasplint® System if you experience discomfort at any time and contact your Dynasplint® Systems sales consultant.

Tension to be initially set at _____ increments.

Patient will wear the Dynasplint® System for _____ minutes _____ times the first day.

If no more than one hour post-wear discomfort occurs, the patient may increase wear time according to the recommended daily wearing schedule, building up to three (3) times per day at 30 minutes per wearing session. Time spent wearing the splint is the most important component in regaining range of motion.

Increase tension by 0.5 increment if less than one hour of post-wear discomfort occurs after use.

Decrease tension if unable to wear for extended period of time.

Maximum tension: _____.

The basic protocol outline is to provide maximum benefit from the Dynasplint® System. *Increasing tension faster than prescribed does not ensure proper stretch will be applied.*

Remember to wear the Dynasplint® System while inactive and in a comfortable seated or lying position.

Your follow-up visit is _____.

Please bring the Dynasplint® System and the completed evaluation sheet.

Sales Consultant: _____ Phone Number: _____

JAW DYNASPLINT® SYSTEM PATIENT EVALUATION SHEET

Date	Minutes of Wear	Tension Setting	Daily Goal	Duration of Post-Wear Stiffness	Comments

Continue to report your progress on a separate sheet of paper.

4 POINT SUMMARY

1. NO PAIN while wearing the Dynasplint® System.
2. Time is the most important component.
3. Increase tension only after usage time goal has been met for several days and if no more than one hour of post-wear discomfort occurs.
4. Decrease tension if unable to wear.

©1996 Dynasplint Systems, Inc.

Dynasplint Systems, Inc. products are covered by one or more of the following U.S.A. patents: 5,558,624; 5,645,521; 6,413,231; 6,506,172; 6,740,051; 6,908,475; 6,942,629; 6,942,631; 4,485,808; 4,508,111; 4,538,600; 4,944,290; 4,947,835; and 5,070,868. Other patents issued and/or pending in the U.S.A. and internationally.

The product described in the enclosed literature is intended for the specific purpose as per the instructions attached. Any use of this product outside of its intended purpose on any body part or in a manner outside the protocol established by Dynasplint Systems, Inc., is a use of the product for which it, its divisions and employees cannot be held responsible. All implied warranties of fitness for use for any other purpose (or purposes) are expressly disclaimed.