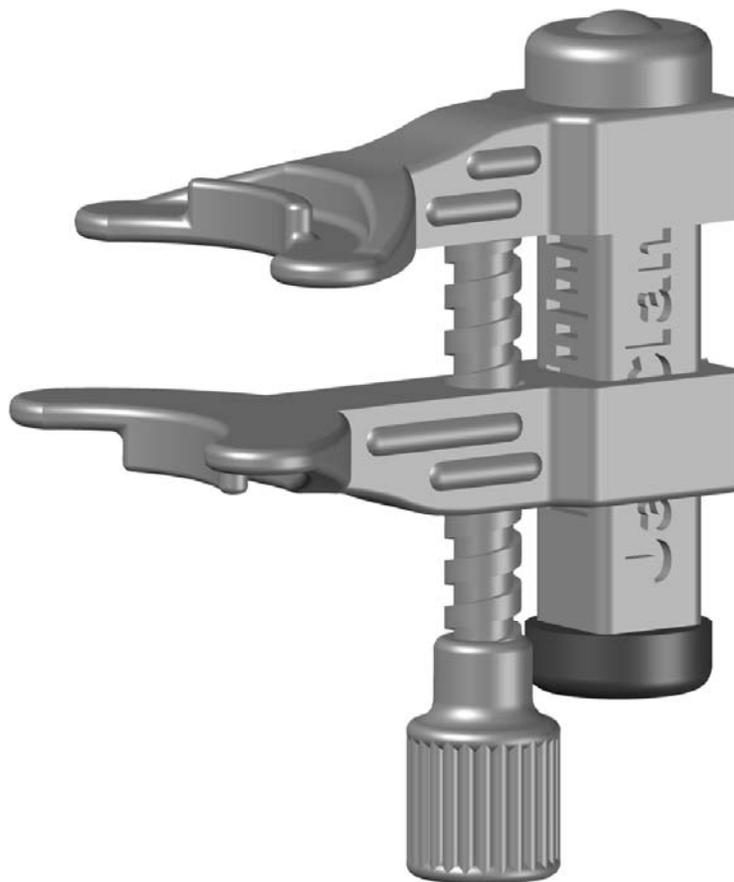


# JawClamp

## Making life easier...

### User manual

Before using the JawClamp Rehabilitation System, please review the entire content of this Manual.



**JawClamp**  
Making life easier...

Patent pending - 2014  
JawClamp.com

sales@jawclamp.com  
Toronto, Ontario, Canada



Read the complete Users' Manual to make the best use out of the JawClamp.

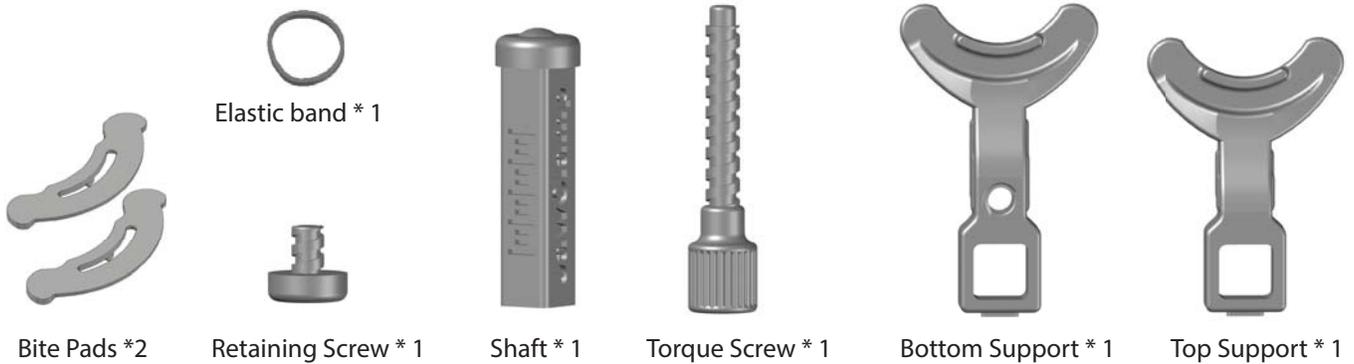
Your JawClamp has Arrived...  
Now what?



Congratulations and thank you for purchasing the JawClamp. Before using the JawClamp, please review the Bill of Materials and check it against what you received in your package. If anything is missing, please contact us at [sales@jawclamp.com](mailto:sales@jawclamp.com).

## Bill of Materials

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## Care and Cleaning

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We recommend a thorough wash at least once a month. Follow these simple steps:

- 1- Submerge all the parts in its container with warm water and baking soda. Shake it rigorously for about ten seconds and let it sit overnight, inside the solution.
- 2- Remove the parts from the container and rinse well. Use regular dish soap and a toothbrush to scrub the parts.
- 3- Rinse well, shake off excess water and let it air dry or use a cloth.

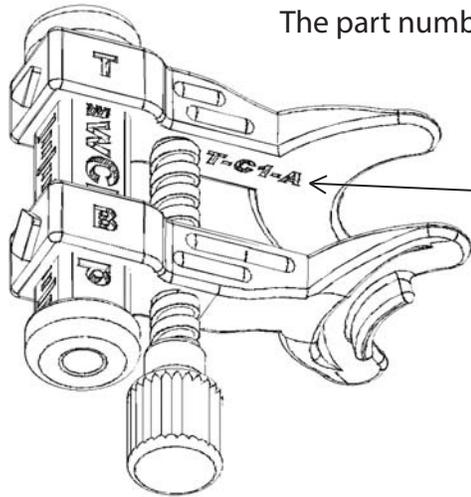
For everyday cleaning use regular dish soap and a toothbrush to scrub the parts. For disinfecting you can submerge the JawClamp overnight in rubbing alcohol (70% or higher).

***DO NOT put the JawClamp in the dishwasher machine.***



## Part numbers explained

The part numbers for the Top Arch and Bottom Arch are made up of the following:



Top Arch

T - C 1 - A

**SUPPORT STYLE**

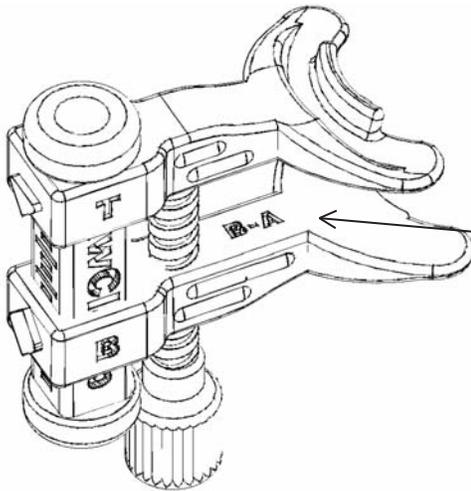
A = Arch  
X = X-tended Arch  
S = Straight

**MALOCCLUSION**

C1 = Class 1  
C2 = Class 2  
C3 = Class 3

**SUPPORT PLACEMENT**

T = Top Arch  
B = Bottom Arch



Bottom Arch

B - A

**SUPPORT STYLE**

A = Arch  
X = X-tended Arch  
S = Straight

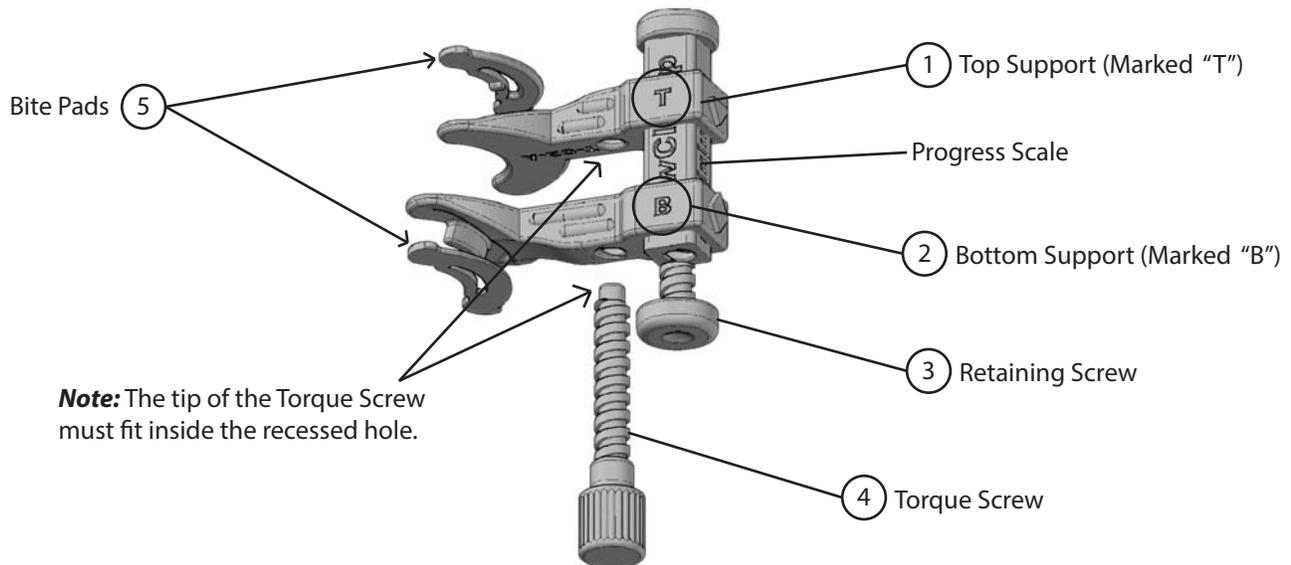
**SUPPORT PLACEMENT**

T = Top Arch  
B = Bottom Arch



## Assembly

How to assemble the JawClamp:



**Note:** The tip of the Torque Screw must fit inside the recessed hole.

- Step 1:** Insert the Top support (Marked "T") into the shaft. Slide it all the way to the top. The Progress Scale will be facing the back and the front position.
- Step 2:** Insert the Bottom support (Marked "B") into the shaft. Slide it all the way to the top so that it's flush with the Top support.
- Step 3:** Screw in the Retaining screw.
- Step 4:** Screw in the Torque screw. The tip should get lodged inside the recessed hole.
- Step 5:** Snap the Bite Pads provided in the kit by pushing them through the Rear Stoppers. (Refer to page 3)

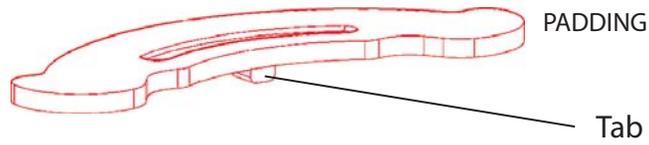
Fully assembled, the JawClamp should look like this:



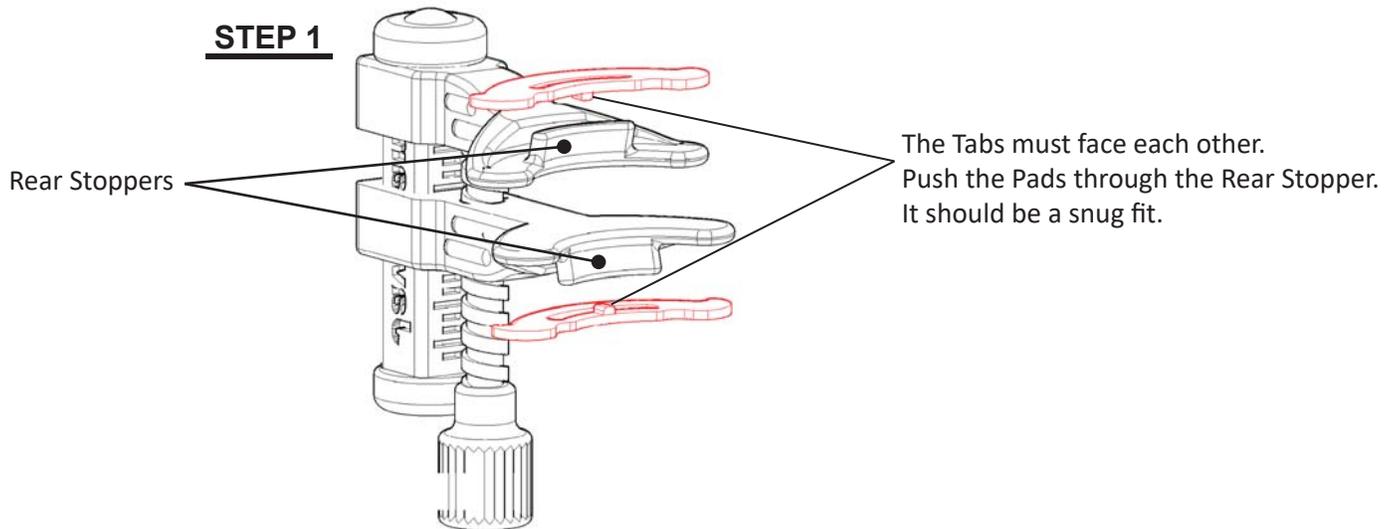
*Enjoy it!*

## Installing the Pads - Optional Accessory

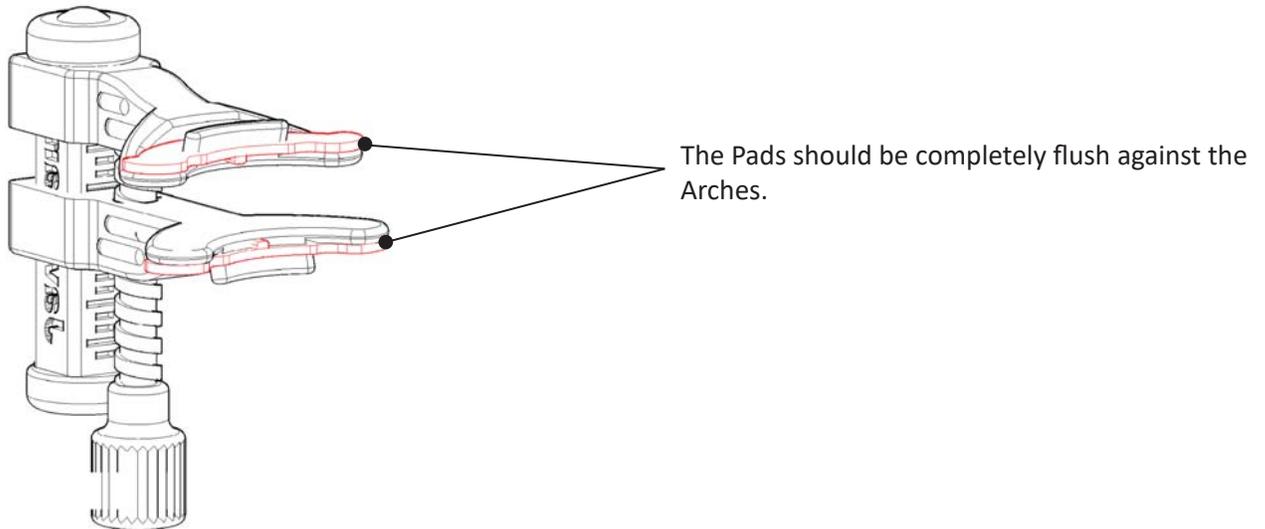
Install the Pads so that the Tabs face each other. They simply snap in place by pushing them through the Rear Stoppers.



### **STEP 1**



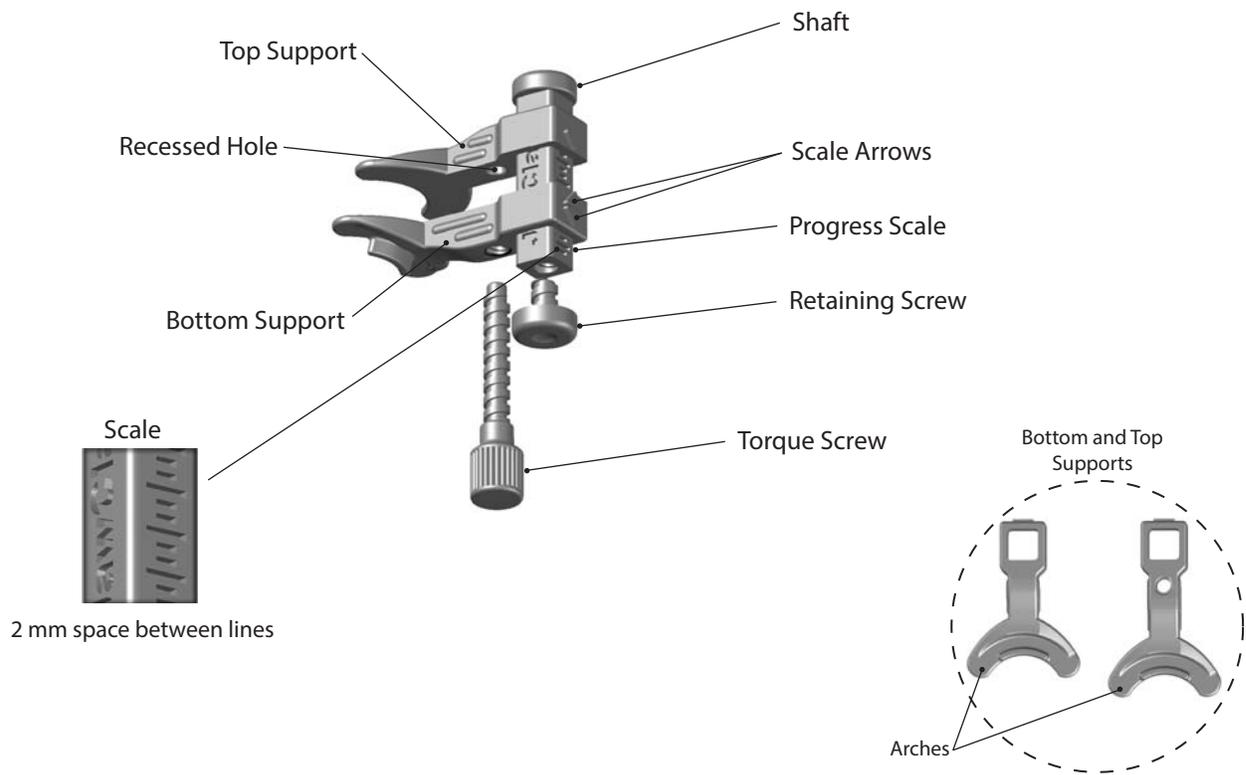
### **STEP 2**



## Washing the Pads

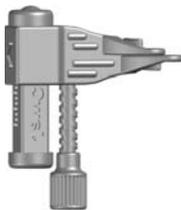
You can remove the Pads and wash them individually or leave them on when washing the JawClamp complete assembly. Use the recommended washing method described on page 1.

## Product description



## How to use the JawClamp

1- Adjust the Torque Screw so that the Top and Bottom Supports lay flat against each other.



3- Slightly tilt at right angle to insert the next Support. Your teeth should fit inside the second Arch.

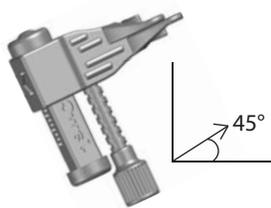


Class 1 & 2

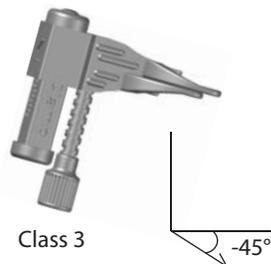


Class 3

2- Insert the longer Support first at about  $\pm 45^\circ$  angle, your teeth should fit inside the first Arch.

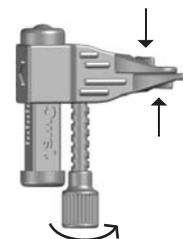


Class 1 & 2



Class 3

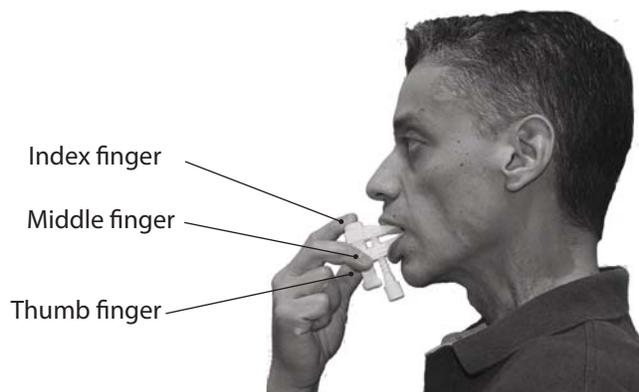
4- Use your jaw to apply slight pressure to the Supports so that the JawClamp does not slip out. Slowly start to increase the stretch by turning the Torque Screw counter clockwise.



## Releasing the Torque

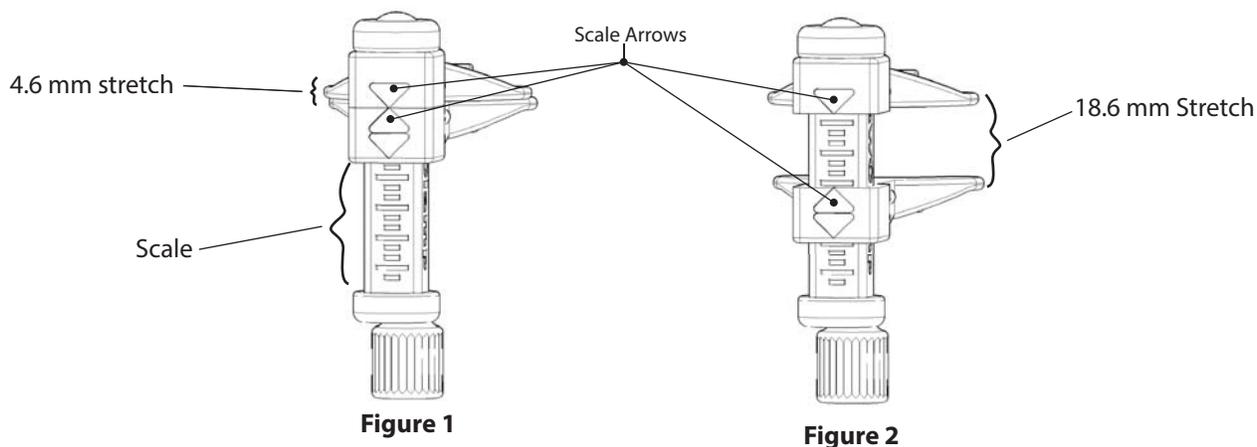
To release the stretch simply rotate the Torque Screw clockwise. However, if the Support is not sliding smoothly due to the inward pressure of the jaw, simply follow this procedure:

- 1- Place your Index finger on top of the Shaft.
- 2- Use your Thumb and Middle fingers to hold and push up the Bottom Support.



## Measure your Range of Motion - Method 1

The starting stretch is 4.6 mm without the bite pads or 7.2 with the bite pads when the Top and Bottom Supports lay flat against each other. Every line increment between the Arrows adds an extra 2.0 mm to your overall stretch.



### EXAMPLE WITHOUT BITE PADS:

The starting stretch is 4.6 mm.

7 lines between the arrows means 14.0 mm (7 x 2.0 mm).

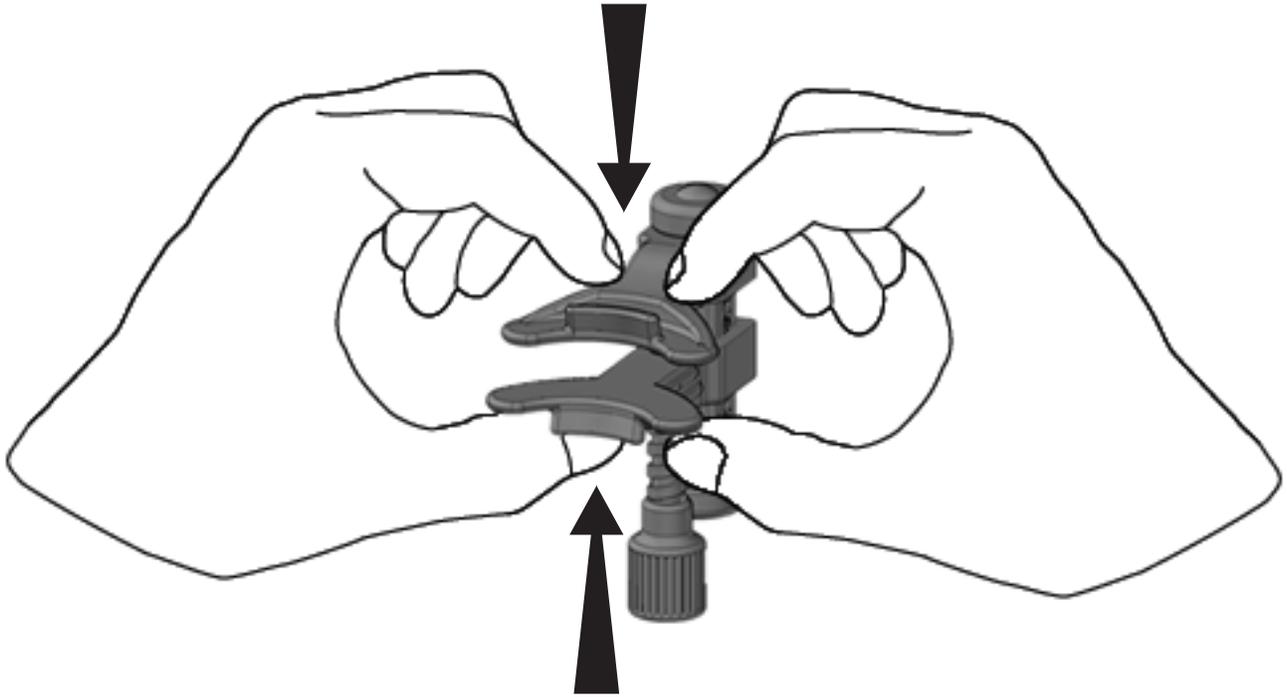
Therefore the overall stretch is approximately 18.6 mm (14.0 mm + 4.6 mm).

To see the scale without releasing the torque and record your progress, remove the JawClamp by using the Quick Release method described on following page. Otherwise have a family member record the data just before you release the torque, or use the Elastic band method described on page 7.

## Quick Release

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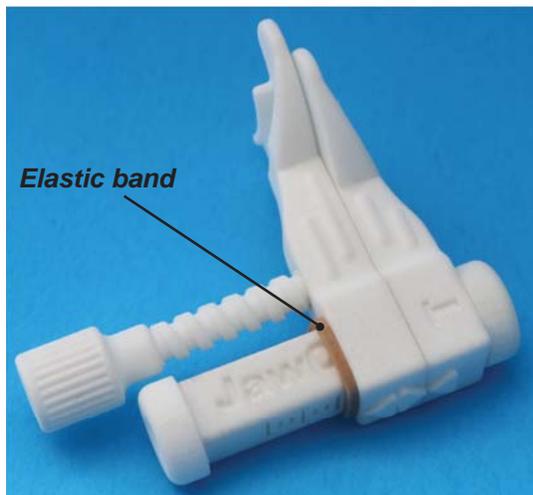
To quickly remove the JawClamp from your mouth use one or both hands to apply inward pressure against the Top and the Bottom Supports, just above the Arches. Use enough pressure to avoid slamming your teeth against the Rear Stoppers. Use the same 45° angle method as discribed on page 4, however, in the opposite order.



## Measure your Range of Motion - Method 2

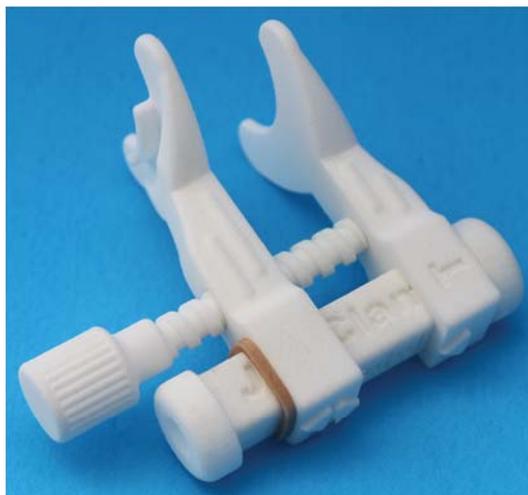
This method requires the use of Elastic band placed below the Bottom Support. The starting stretch is 4.6 mm when the Top and Bottom Supports lay flat against each other. Every line increment between the arrow on the Bottom Support and the Rubber Band adds an extra 2.0 mm to your overall stretch.

### STEP 1



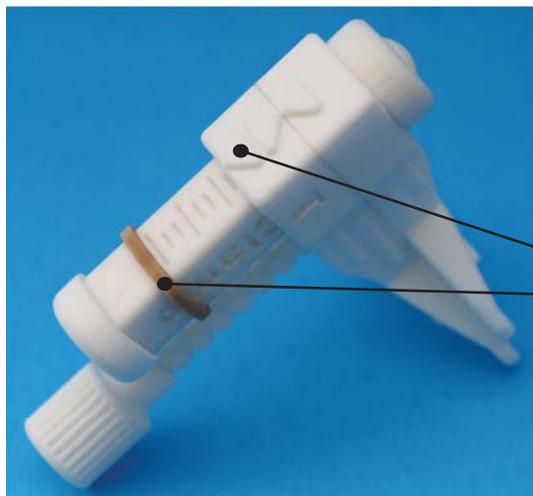
The starting stretch is 4.6 mm.

### STEP 2



As you increase the stretch on the JawClamp, the Bottom Support will push down the Elastic band.

### STEP 3



When you release the torque, the distance between the Elastic band and the Bottom Arrow measures your maximum stretch.

The starting stretch is 4.6 mm.  
There are about 7 lines between the arrow and the Elastic band. Your total stretch would be as followed:  
 $7 \times 2.0 \text{ mm} = 14.00 \text{ mm}$ . Therefore the overall stretch is approximately 18.6 mm (14.0 mm + 4.6 mm).

## About the JawClamp

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The JawClamp was designed to be compact, lightweight and portable. You can seamlessly integrate your exercise regimen into your daily life routine. Its virtually hand free operation means you can do your stretches while you cook, wash the dishes, watch TV, do the laundry, gardening, while driving... *you get the point*. You'll be surprised to know that you can even use it while you shower or bath. That's right, in fact that is one of most enjoyable time to use it if you shower or bath with lukewarm water. The warm water relaxes your muscles and will give you a soothing stretch over a shorter timeframe.

So now you have an excuse to join your local gym and start using their Sauna and Jacuzzi facilities. Although for obvious reasons, swimming with the JawClamp is not recommended.

## Exercise Regimen

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Stretching is meant to be a slow and gentle exercise. Stretch to the point of slight resistance. You may feel some tension or a "good" soreness, but you should not feel pain. If you do experience pain, back off the stretch slightly until you reach a place where there is no pain. Listen to your body. There is no right or wrong amount of extension. Every person will be different depending upon his or her individual anatomy and level of muscle spasm or fatigue.

If you suffer from dry mouth, we strongly recommend using a mouth moisturizing product such as biotene's mouth Spray or Gel, Mouth Kote spray or Xeros' pump. This will lubricate your mouth while you stretch your jaw bones over extended periods of time. Otherwise the dryness will feel too uncomfortable and it will interfere with your stretches.

### **Basic:**

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- Each day perform 5 sessions for 15 minutes
- Start the stretch at a level where your mouth can open to comfortable level
- Hold the stretch for about 15 seconds, reduce the torque and rest for 10 seconds - Continue this repetition
- If it starts to get painful, back off the stretch slightly until you reach a point where there is no pain
- After your 15 minutes session, stretch your jaw muscles naturally as described on the page 11

### **Advance:**

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- Perform exercises at least 5 times each day, 20 minutes per session
- Start the stretch at a level where your mouth feels comfortable
- Hold the stretch for about 3 minutes (This is only a suggestion, try 1 minute or less if necessary)
- Slightly increase the stretch and hold for another 3 minutes - Continue this process
- If it starts to get painful, back off the stretch slightly until you reach a point where there is no pain
- After your 20 minutes session, stretch your jaw muscles naturally as described on the page 11

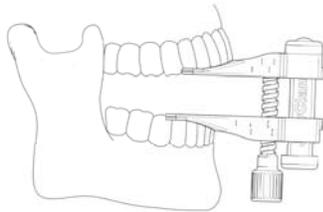
After you finish your natural stretches, let your jaw muscles rest for about 15 minutes before you start another session.

As you continue to perform your stretches on a regular basis, you will be able to slowly increase your stretching sessions. Again, just listen to your body and do not exceed your limits. The term "No pain, no game" does not apply here.

## BONUS - Exercise

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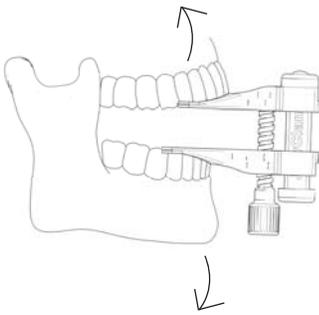
This exercise is not about using the Jaw Clamp to force your jaw to stretch, but rather to hold your mouth open to a comfortable position while you stretch your jaw muscles in short bursts repetitions.



Resting Position

With your JawClamp, stretch your jaw to a comfortable and natural position, where there is no pain or soreness. This will be the Resting Position.

You will start a series of stretches by opening and closing your mouth without making any further adjustments to the JawClamp.



Open and close your mouth so that your jaw pulls away from the JawClamp's arch supports. You can do it slowly, or by quick chattering motion. It all depends on your comfort level.

Don't feel discourage if your stretch barely moves past the Rest Posiont. Do a set of 5 repetitions and rest for 10 seconds. This is not a timed exercise. Go at your own pace.

After a series of two or three sets, your stretch will go beyond the *Resting Position* and it will feel that your JawClamp will slip off your mouth. At this point increase the JawClamp's torque slightly.

Continue this cycle until you finish the exercise regimen. Should you start to feel soreness during this cycle, stop and slightly reduce the JawClamp's torque and rest your jaw at the new Resting Position for 10 seconds.

Keep in mind that this is only a suggestion. You can adjust your repetitions to where it feels comfortable to your body.

Once you are finished, don't forget to do your natural stretches as suggested on this manual. You may also use a heat pack during and after your exercise regimen.

Remember:

- 1- Your jaw will always feel stiffer in the morning because it has been rested overnight.
- 2- The first jaw stretches of the day will always be more difficult and a little bit tender.
- 3- You will need to carry out your stretches regularly throughout the day - Follow the user's manual.
- 4- When doing any jaw exercises there will be a little discomfort but it should not be intensely painful.
- 5- If your jaw exercises are causing pain then you are probably stretching too far or too quickly.
- 6- Just increase the range of your stretches gently by one or two millimeters each week.
- 7- If you are overenthusiastic you will cause unnecessary pain which will stop you doing your exercises.
- 8- Stretching before meals often makes eating easier.
- 9- It is important to use any medical device under medical supervision to ensure you gain the maximum benefit and to reduce harm.

## Natural Stretches

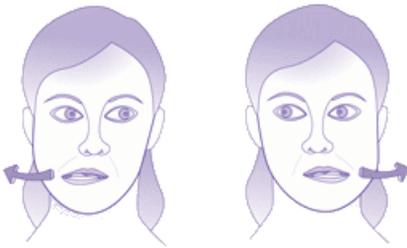
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Just like any workout, when you finish your JawClamp stretches, do a series of natural stretches to relax your jaw muscles and avoid cramps. Below are some suggestions you can try out. You might have your own methods that may be better suitable to your personal physical limitations.



### Stretch Open

Slowly open your mouth as wide as is comfortable. Hold for 5 seconds, then slowly close your mouth. Do a session of 10 repetitions.



### Stretch Left & Right

Slowly shift your lower jaw to the left as far as is comfortable and hold for 5 seconds. Then slowly shift to the right and hold for 5 seconds. Do a session of 10 repetitions.



### Stretch Forward

Slowly slide your lower jaw forward so that your lower teeth extend beyond your upper teeth. If your muscles are very tight, this stretch may be difficult. Don't worry if you can't get your lower teeth out in front of your upper teeth at first. Hold for five seconds, and return to normal. Do a session of 10 repetitions.

## Warnings

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### ***Do not use the JawClamp if:***

- 1- You have or may have a fracture in the maxilla or mandible (upper or lower jaw) or other weaknesses of the bones of the jaw.
- 2- You have infections of the jaw, osteomyelitis (Inflammation of the bone and bone marrow), or osteoradionecrosis (necrosis of bone due to radiation) of the jaw.
- 3- You feel unexpected pain at any time while exercising with the JawClamp. You should immediately stop using the device and contact your clinician.
- 4- You have weakened teeth, gum disease, weakened bones or joints in jaw, dental plates, crowns or bridges. Injury may occur if excessive force is applied while using the JawClamp.

## Limited Warranty

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The warranty obligations of the JawClamp are limited to the terms set forth below:

### ***What is Covered***

This limited warranty covers defects in materials and workmanship on any of the parts that make up the purchased model.

### ***What is Not Covered***

This limited warranty does not cover any damage, deterioration or malfunction resulting from any alteration, modification, improper or unreasonable use or maintenance, misuse, abuse, accident, neglect, exposure to excess moisture, fire, improper packing and shipping (such claims must be presented to the carrier), or other acts of nature. This limited warranty does not cover any damage, deterioration or malfunction resulting from any unauthorized tampering or any other cause which does not relate directly to a defect in materials and/or workmanship of the product.

### ***How Long Does this Coverage Last***

This limited warranty lasts for one (1) year from the date of original purchase, for the exception of the Bite pads. Proof of purchased will be required. However, this limited warranty is not transferable to subsequent purchasers or owners of this product.

### ***What Will we Do***

JawClamp will, at its sole option, provide one of the following two remedies to whatever extent it shall deem necessary to satisfy a proper claim under this limited warranty:

- 1- Replace any of the damaged parts with a direct replacement deemed to perform substantially the same function as the original part.
- 2- Issue a refund of the original purchase price less shipping charges, handling or other additional charges such as duty and taxes fees.