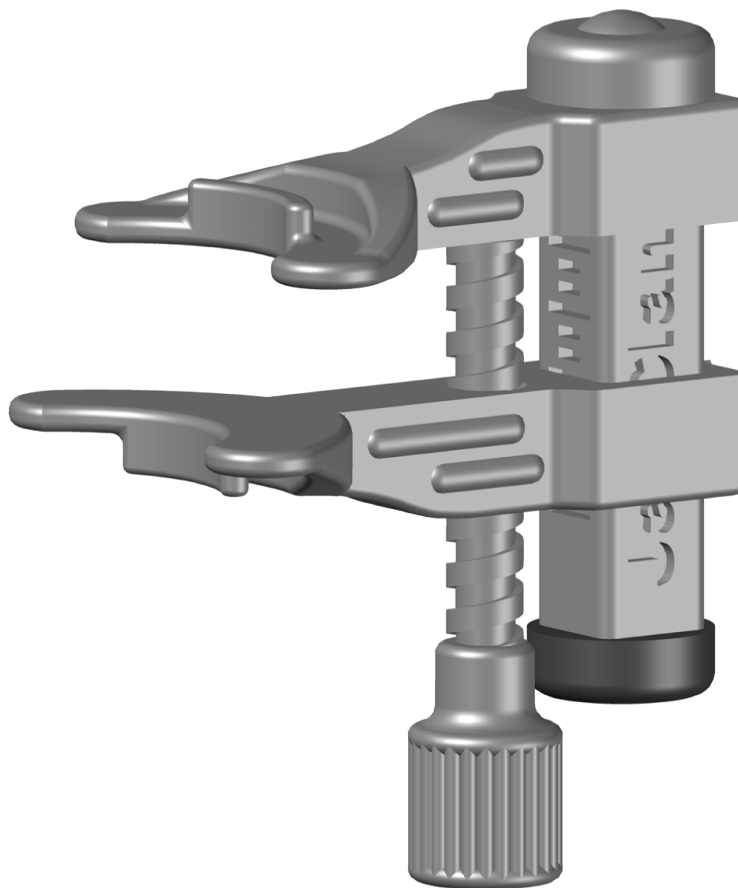


JawClamp

Making life easier...

User manual

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



JawClamp
Making life easier...

Patent US9867753B2
JawClamp.com

sales@jawclamp.com
Toronto, Ontario, Canada



JawClamp
Making life easier...

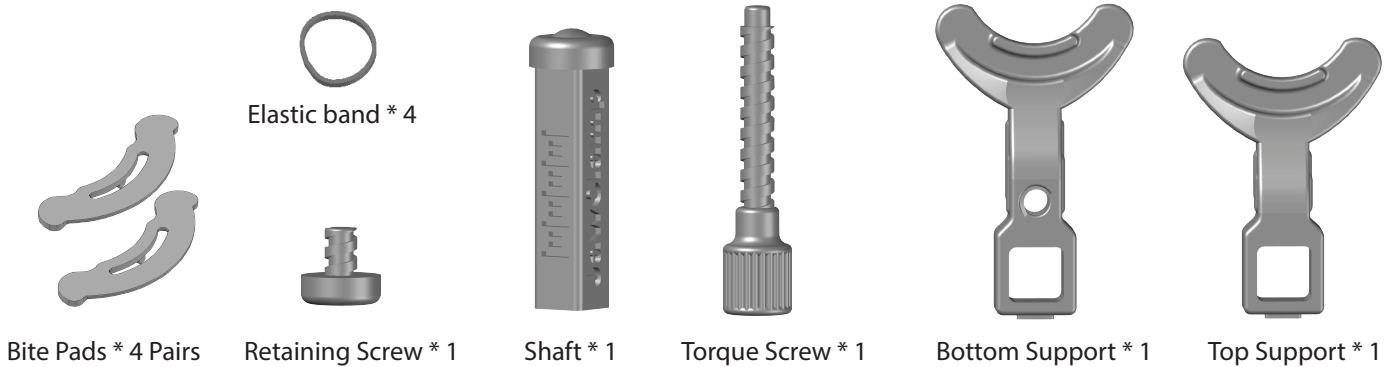
Read the complete Users' Manual to make the best use out of the JawClamp.

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.

Bill of Materials



Care and Cleaning

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.

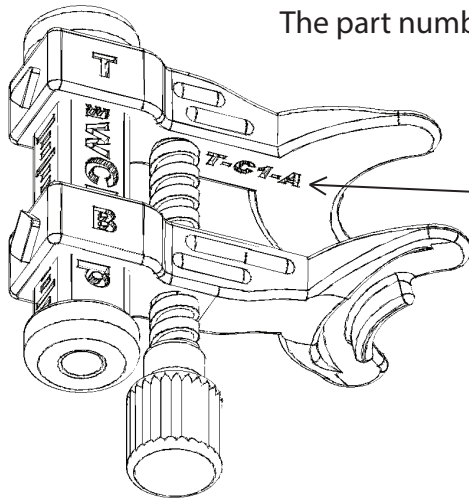
For everyday cleaning use regular dish soap and a toothbrush to scrub the parts.
For disinfecting you can submerge the JawClamp overnight in rubbing alcohol (70% or higher).

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

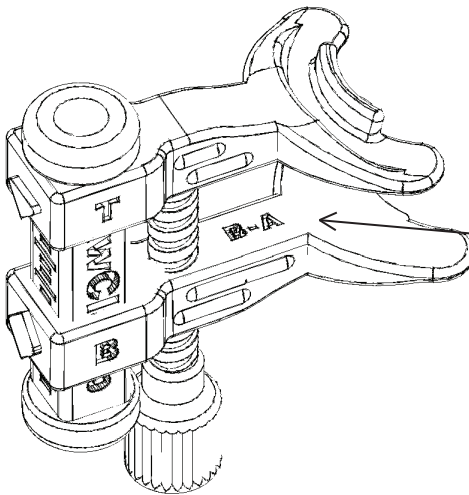
A = Arch
X = X-tended Arch
S = Straight

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

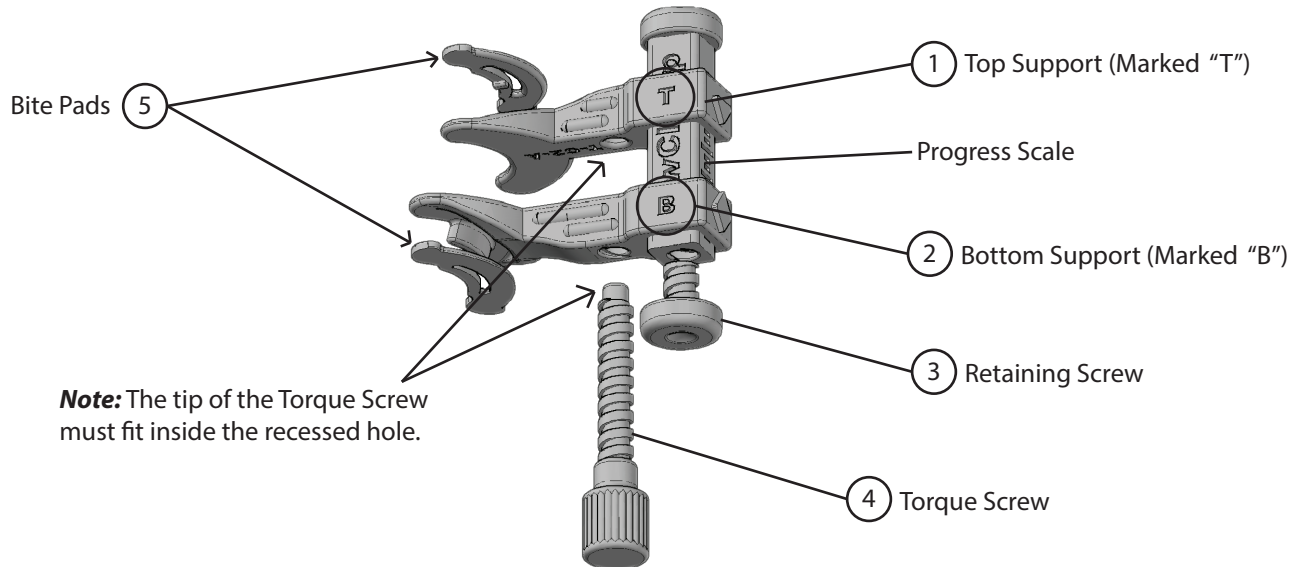
SUPPORT PLACEMENT

T = Top Arch
B = Bottom Arch



Assembly

How to assemble the JawClamp:



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)

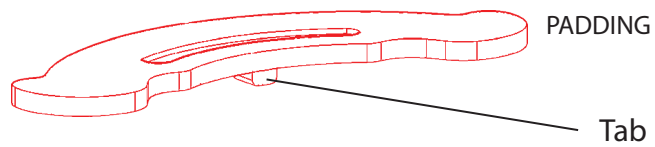
Fully assembled, the JawClamp should look like this:



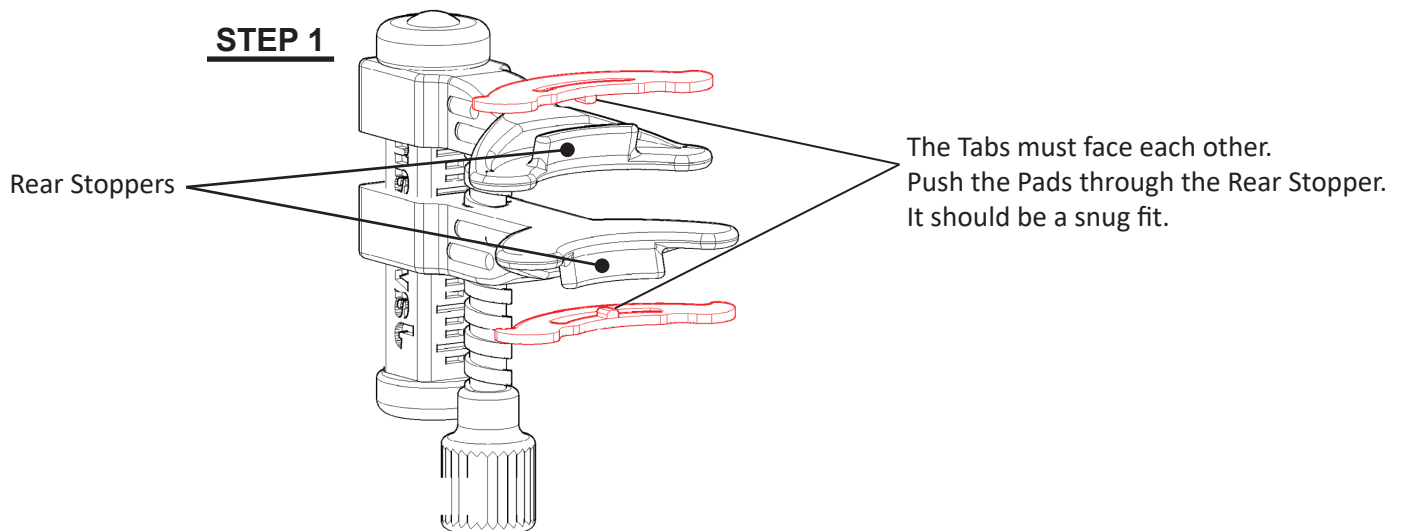
Enjoy it!

Installing the Pads - Optional Accessory

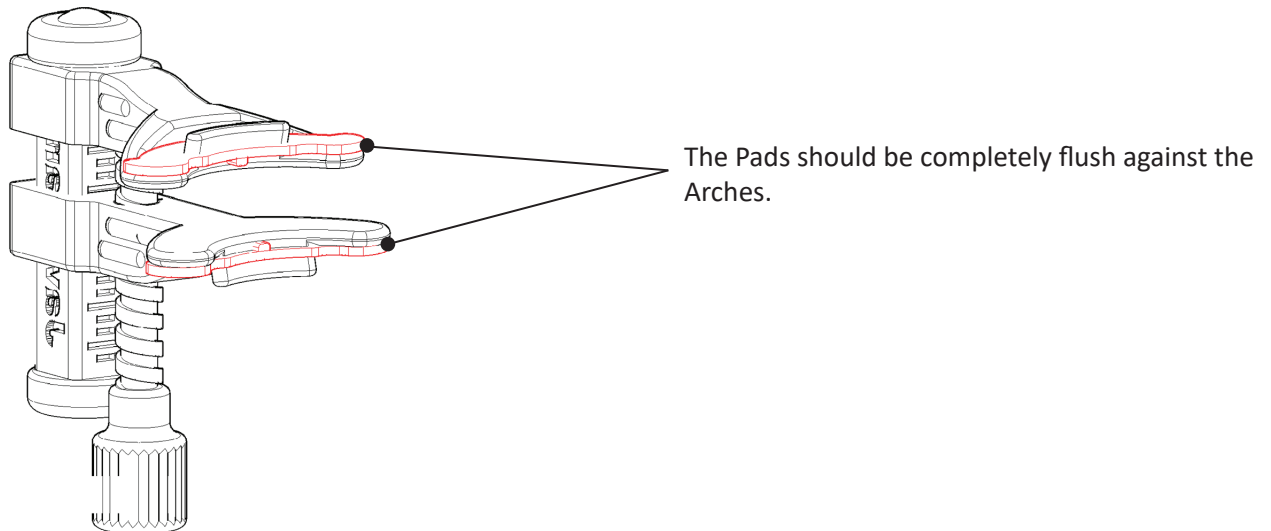
Install the Pads so that the Tabs face each other. They simply snap in place by pushing them through the Rear Stoppers.



STEP 1



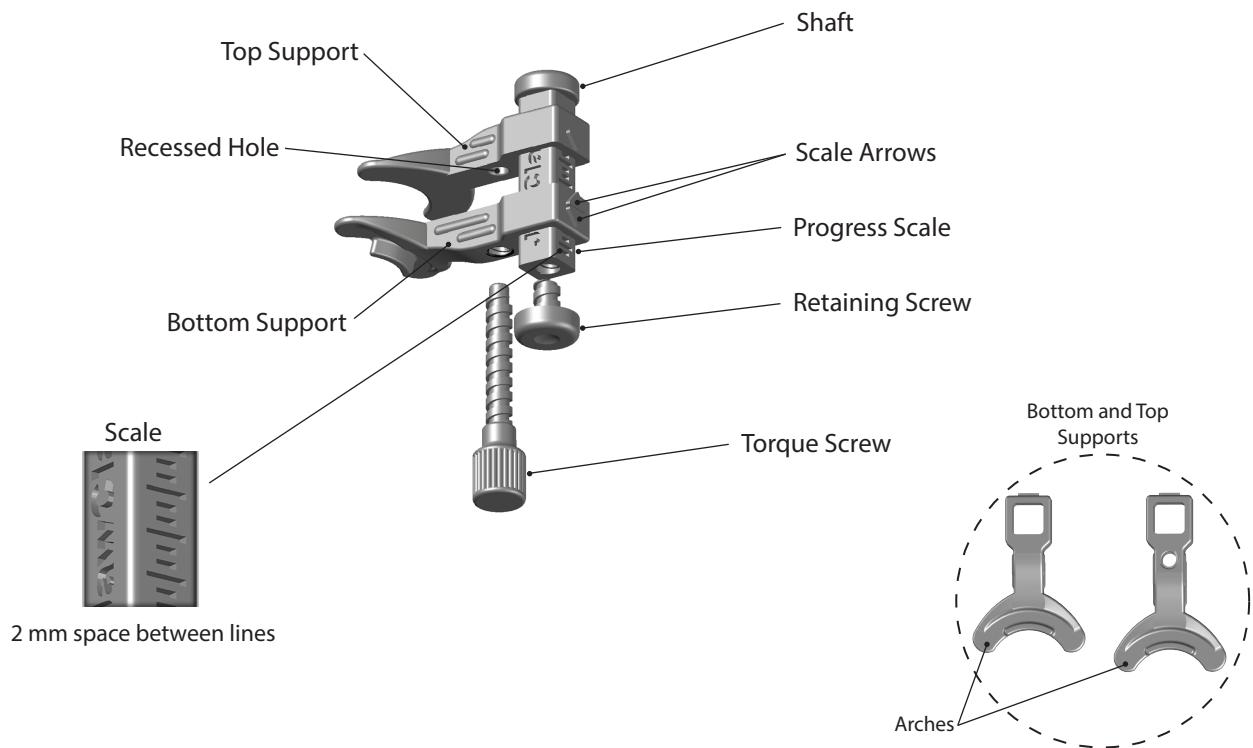
STEP 2



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.

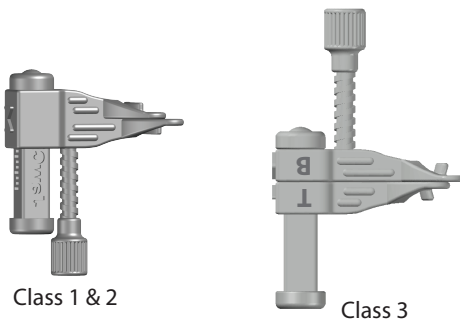
Product description



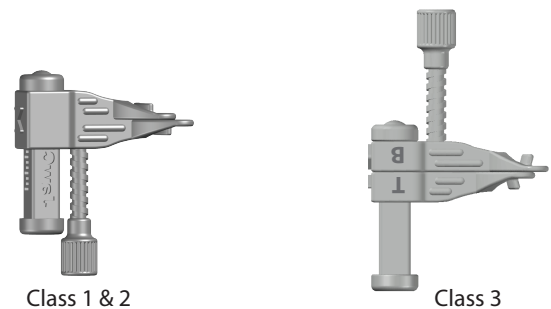
How to use the JawClamp

CLASS 3 NOTE: The Bottom and Top Supports are reversed. Hence, the Bottom Support takes the place of Top Support and vice versa.

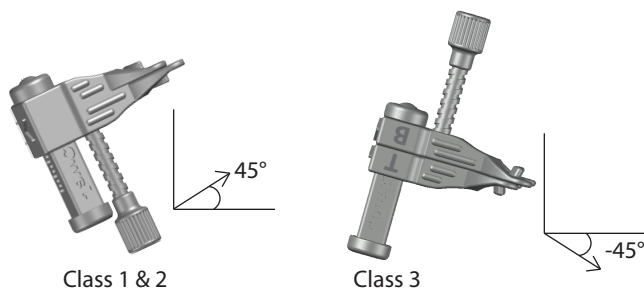
1- Adjust the Torque Screw so that the Top and Bottom Supports lay flat against each other.



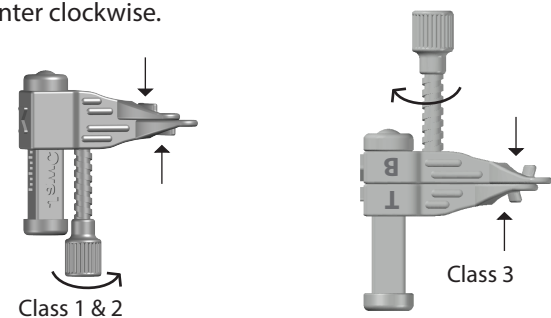
3- Slightly tilt at right angle to insert the next Support. Your teeth should fit inside the second Arch.



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



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 Bottom support is not sliding smoothly due to the inward pressure of the jaw, simply follow this procedure:

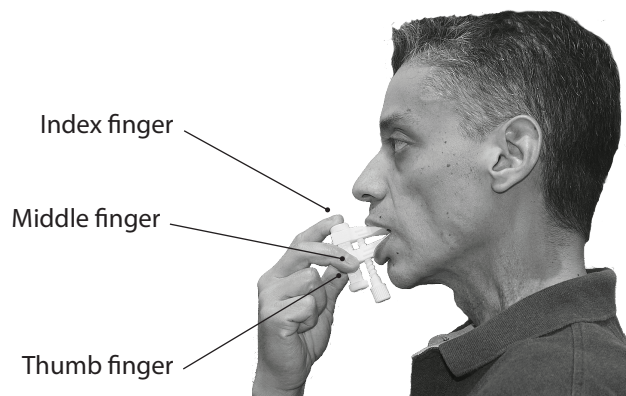
Right-handed people

With your left hand:

- 1- Place your Index finger on top of the Shaft.
- 2- Use your Thumb and Middle finger to grip the Bottom support.

With your right hand:

- 3- Loosen the Torque screw in slow motion and simultaneously use your fingers in step 2 to slide the Bottom support upwards. Avoid moving the Elastic band.



Left-handed people

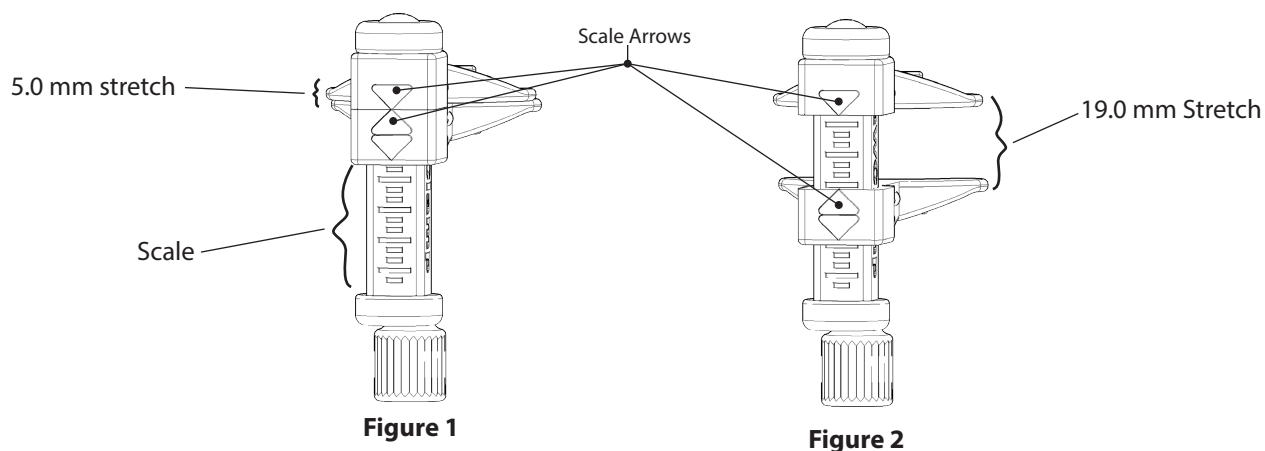
Repeat steps 1 to 3 using opposite hands.

Tracking your progress - Method 1

The Progress Scale is only a reference for tracking your stretch. The flexible composition of the plastic allow the supports to flex when pressure is applied. It is not an accurate measurement tool of your Jaw's opening.

EXAMPLE WITHOUT BITE PADS:

The starting stretch is 8.5 mm without the bite pads or 9.9 mm 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.



The starting stretch is 8.5 mm.

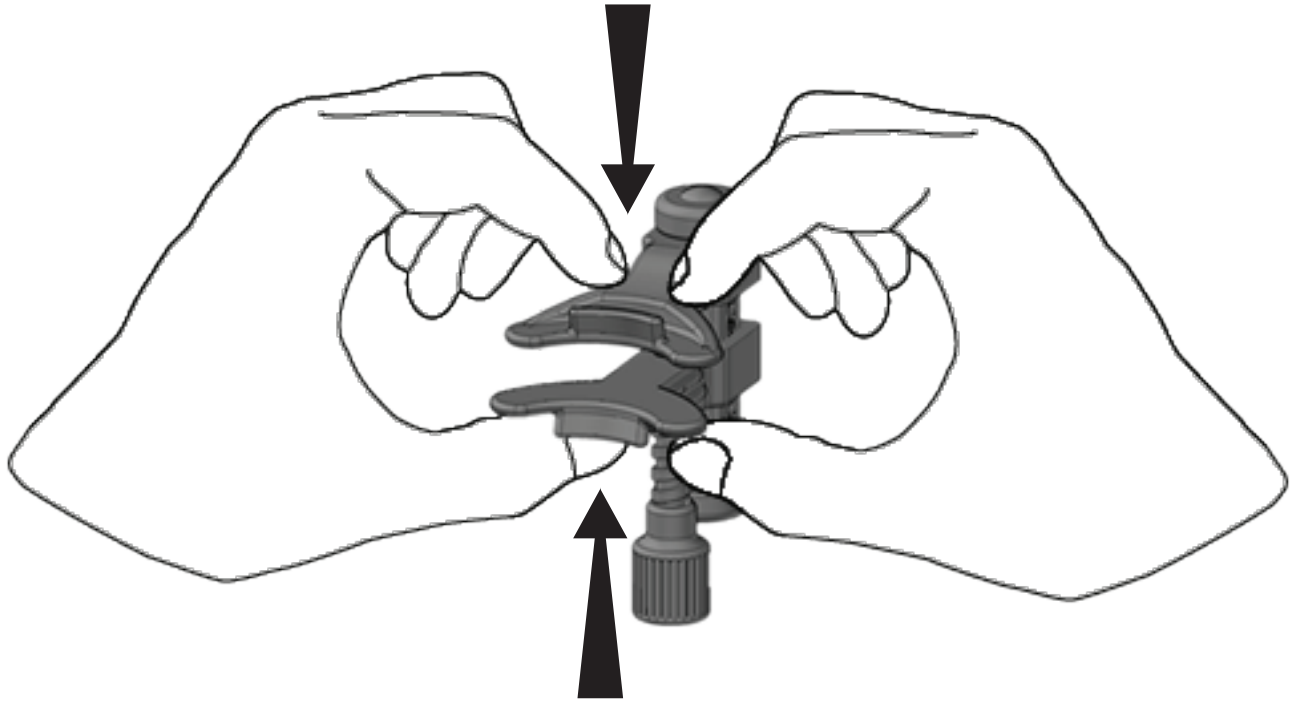
7 lines between the arrows means 14.0 mm (7 x 2.0 mm).

Therefore the overall stretch is approximately 22.5 mm (14.0 mm + 8.5 mm).

To record your progress have person record the number of lines between the arrows shown on Figure 1 and 2.

Quick Release

To quickly remove the JawClamp from your mouth use 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 described on page 5, however, in the opposite order.

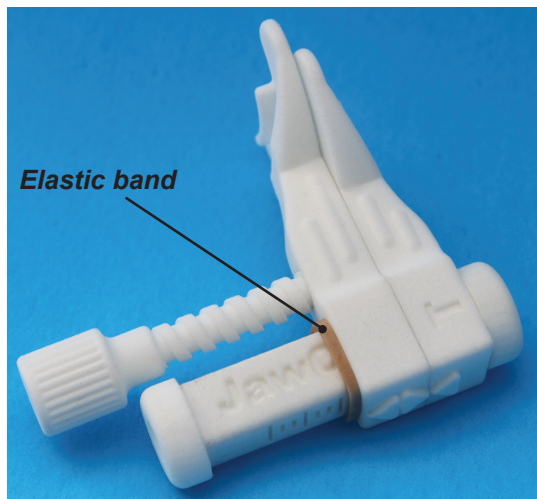


Use the provided Elastic band as your marker to record your progress.

Measure your Range of Motion - Method 2

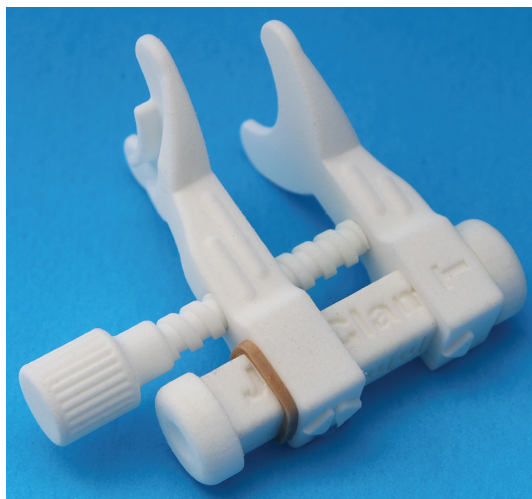
This method requires using the Elastic band provided in the kit. Place it below the Bottom Support. The starting stretch is 8.5 mm when the Top and Bottom Supports lay flat against each other. Every line increment between the arrow on the Bottom Support and the Rubber Band adds an extra 2.0 mm to your overall stretch.

STEP 1



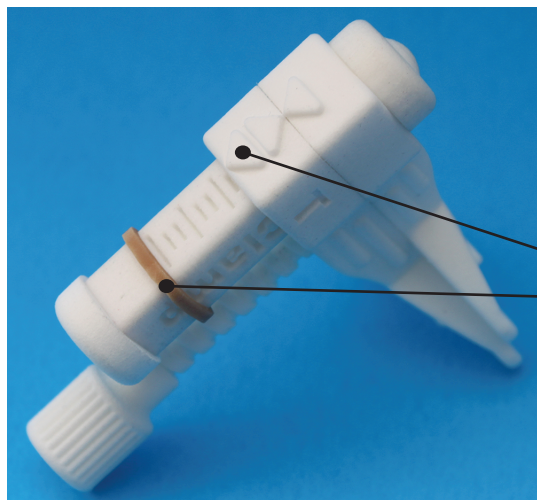
The starting stretch is 8.5 mm.

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 8.5 mm.
There are about 7 lines between the arrow and the Elastic band. Your total stretch would be as followed:
 $7 \times 2.0 \text{ mm} = 14.0 \text{ mm}$. Therefore the overall stretch is approximately 22.50 mm (14.0 mm + 8.5 mm).

Exercise Regimen

The *JawClamp* is designed to be compact, lightweight and portable. You can seamlessly integrate your exercise regimen into your daily life routine. You'll be surprised to know that you can even use it while you shower or bath. In fact that is one of most enjoyable time to use it if you use lukewarm water. The warm water relaxes your muscles and will give you a wider stretch over a shorter time-frame.

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.

A. Motion Stretches

Begin with these stretches, then move on to the level (1 or 2) you can complete without experiencing jaw pain. You may use a heat pack during and after these exercises.

Complete 5 times every day.

- 1- Start the stretch where your mouth is most comfortable for your first resting position.
- 2- Open and close your mouth repeatedly (movements can be quick or slow) away from the *JawClamp* supports.
- 3- Complete 5 times or as tolerated, then rest.
- 4- After 2-3 sets, increase the torque if jaw opening is improving to create a new resting position, then repeat step 3.
- 5- Repeat step 4. Rest at the former resting position if your jaw feels sore.

B. Natural or Static Stretches

Level 1 Exercises

Complete 5 times every day.

1. Start the stretch where your mouth is most comfortable.
2. Hold for 15 seconds.
3. Reduce the torque, then rest for 10 seconds.
4. Repeat steps 1-3 for a total of 15 minutes.

Level 2 Exercises

Complete 5 times every day.

1. Start the stretch where your mouth is most comfortable.
2. Hold the stretch for 3 minutes, or as tolerated.
3. Slightly increase the torque and hold the stretch for the same length of time as in step 2.
4. Repeat steps 1-3 for a total of 20 minutes.

At the end of any exercise regimen stretch your jaw muscles as described on page 11. Let your jaw muscles rest for about 5 minutes before starting a new stretching session.

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

Exercise Regimen - Things to remember

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

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

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

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 ninety (90) days 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.