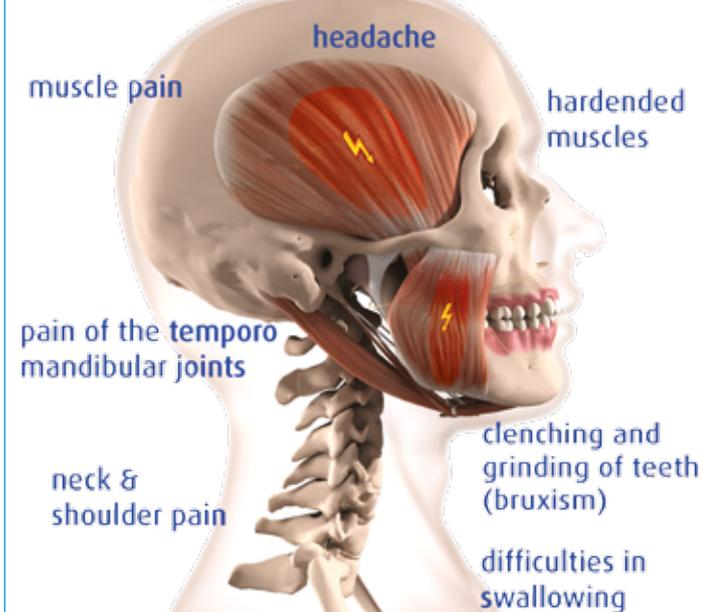




### Typical TMD-Symptoms



- major breakthrough in CMD-Therapie
- physiotherapeutic training tool
- adjustable levels of training intensity
- coordinative training of masticatory muscles including biofeedback
- relieves pain of masticatory muscles
- long lasting pain reduction
- dissolution of pain-related relieving postures
- activation of self-healing capacities
- normalization of muscle activities
- time saving treatment
- works on the principle of hydrostatics
- clinically tested
- good alternative or complement in combination with splints



# RehaBite



## Efficacy - Coordinative Training - Therapeutic Effect

RehaBite® is the first training device that allows force-controlled intraoral coordinative training under reproducible training conditions. This is achieved with the aid of a hydrostatic system, comparable to balancing on a see-saw. Recent scientific studies have demonstrated that the masticatory muscles can be trained very effectively, particularly with coordinative exercises at a submaximal force level. The coordinative training leads to changes in the functional patterns of the muscles that are permanent and outlast the training units. This effect is accompanied by desired structural modifications of specific regions of the brain. The muscular adaptations induced by the training are an essential effect in successful muscle pain treatment. Other therapeutic effects of RehaBite® include postisometric relaxation (i.e. therapeutically effective relaxation of the muscles after previous tension) and haptic control that works like biofeedback (perception of the muscle function through the finger feedback provided by the RehaBite® device). Comparable forms of all these elements can also be found in contemporary physiotherapeutic concepts.

The RehaBite® device enables:		
• coordinative training	• post-isometric relaxation exercises, and biofeedback	• activation of self-healing capacities

## Training with the RehaBite® Device

### Therapist's instructions for the home exercises

We recommend to ask your treating physiotherapist or dentist about the intensity of the home exercises and to go through the RehaBite® training together with them when you do it for the first time to avoid incorrect training or overloading. The therapist will determine the level of pain-free submaximal muscle contraction. The mechanism of the force control screw allows to adjust the training intensity at a level of 50% of the determined pain-free level. The maximum level for the training cannot be exceeded because the maximum range of the force control screw is limited. If necessary, the therapist can record and verify any muscular training effects achieved in addition to pain reduction during the treatment using electromyographic (EMG) recordings. Regular monitoring of the course of treatment is highly requested periodically.

basic training without therapist's instructions		training plan			
start: adjust the force control screw by one full turn (360°).		position of the marking number of revolutions		force range/ intensity	
		1 full turn	marking up	intensity 3 	<b>medium</b>
start of training: bite on the elastic bite fork until you perceive the finger feedback		haptic control of intensity/level of force: this force level is the current training intensity		duration intensity	number of training sets
				hold position for 10 seconds	1 training set = repeat exercise 10 times
slowly open jaws actively until just below the threshold of pain	then stretch passively and carefully using the finger- and-thumb grip	close the mouth to a relaxing position without tooth contact	keep rest position for 10 seconds without tooth contact	repeat exercise	<b>training session</b> = <b>3 sets</b>
					after one training set, take a break for 30 seconds
<b>Training frequency: 3 times a day approx. 4-5 hours apart</b>					

### Training after initial symptoms have subsided:

- After the symptoms have markedly subsided, training sessions at increased training intensity (2 full turns of the control screw) will be conducted in intervals
- In addition, 10 quick contractions (1 bite and relief per second without opening the mouth widely) on the pads at 50% maximum force can be performed followed by one-time active pain-free opening and 5-time switch between passive stretching using the finger-and-thumb grip and rest position

# Rehabite - function and design

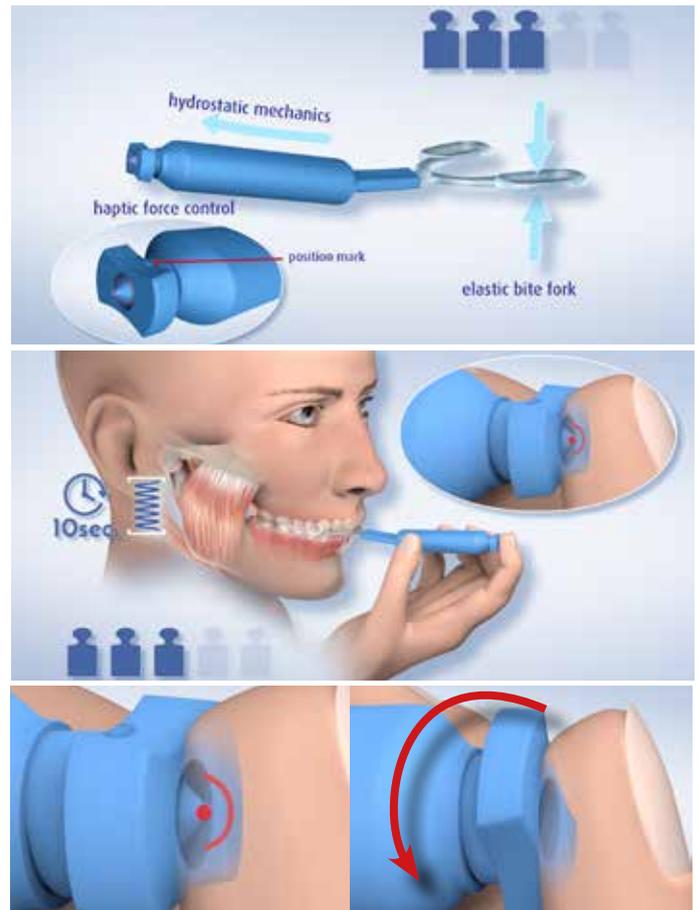


## General Description and Intended Use of RehaBite®

RehaBite® is an innovative training device for home treatment and rehabilitation of muscle pain in the masticatory system. The elastic glycerin-filled bite fork is made of non toxic flexible plastic material. A major breakthrough is the haptic force control based on the hydrostatic principle.

## Design of the RehaBite® Device

The fluid based elastically deformable bite pads of the bite fork are connected to the mechanical components of the hydrostatic system. Biting on the elastic bite fork applies an impact of force to the liquid in the closed hydrostatic system. This force is transmitted to a mobile piston connected with a mechanical spring. The mobile piston can move up and down in front handle. The tip of the piston can be perceived sensorial with the fingertip at the front end of the handle. The RehaBite allows five levels of intensity, which can be adjusted with the integrated force control screw at the front end of the handle. This patented hydrostatic system allows haptic control of forces in all levels of intensity. During the training, the finger tip rests on the front end of the handle force control screw. When the piston touches the finger the preset training intensity is achieved (finger feedback). The maximum training intensity is limited to two full turns of the force control screw and can not be exceeded by manipulating or over-twisting the screw by force.

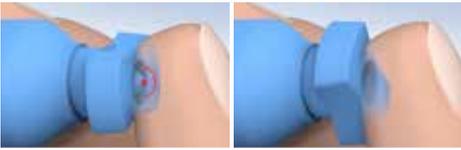


## Adjusting of force/training intensity

position of the control screw (adjusting the intensity)		position of the marking up or down		force range/ intensity	
		0-Position	marking up	intensity 1 	<b>low</b>
		1/2 turn	marking down	intensity 2 	<b>low-medium</b>
		1 turn	marking up	intensity 3 	<b>medium</b>
		1 1/2 turn	marking down	intensity 4 	<b>medium-high</b>
		2 turn	marking up	intensity 5 	<b>high</b>

## The RehaBite® is indicated for:

- Treatment of pain associated with muscular myoarthropathies (MAP) of the masticatory system;
- Relapse prevention (avoiding the reappearance of painful MAP);
- Treatment of imbalances of the jaw muscles;
- Coordinative training of the jaw muscles.

basic training without therapist's instructions		Increasing of Pain			
Einstellung des Kraftniveaus auf Stufe medium		position of the marking number of revolutions		force range/intensity	
		1 full turn	marking up	intensity 3 	medium
start of training: bite on the elastic bite fork until you perceive the finger feedback		<b>Pain during exercise</b> →			reduce the intensity to level low

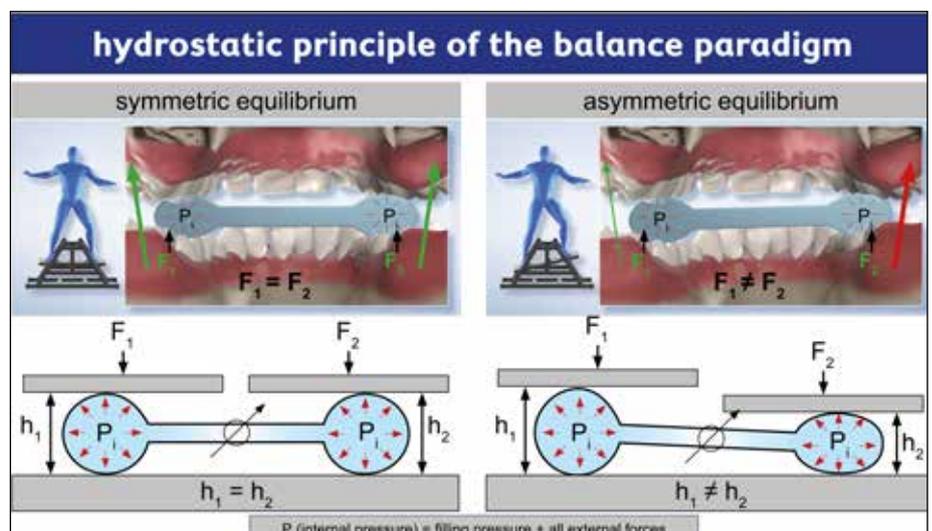


If pain increases, the exercises have to be stopped temporarily for one day. After the muscle pain has reduced significantly, the exercises can be continued with a lower intensity of force



If instructed by the therapist, the training with the RehaBite® device can be complemented by simple movement exercises. RehaBite® is perfectly suited as a therapeutic option of prevention after the acute symptoms have subsided. It is recommended to perform home exercises with the RehaBite® device as a complement of physiotherapeutic and/or dental treatment.

The RehaBite® training allows treatment at any time and any place with minimal effort, i.e. it does not require practice appointments and can be performed at any time, during working hours or in leisure time, within a few minutes. This means that the RehaBite® training meets all requirements of modern and economic rehabilitation medicine in TMJ therapy.



Product	Contents	REF-No / Order-Nr.:
RehaBite®	1 x Training Device including product protection box	RB 600

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