

Made in Germany

TJ-MOTION  
be in balance



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**Supporting effect:**

- CMD THERAPY
- FITNESS AND PERSONAL TRAINING
- MASSAGE THERAPY
- OSTEOPATHY
- PHYSIOTHERAPY
- YOGA

**Everywhere applicable:**



*The ideal support to reduce tension*



*World's smallest training device*



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## What is the aim of the TJ-Motion?

By **gentle stretching** of the **jaw joint** and the **jaw muscles**, the entire muscles of the upper back, neck, and shoulders will **relax**. The **postural muscles** of the body receive a **neuro-physiological impulse** and existing tension will **release**.

The jaw is attached to the upper body via the cervical musculature down to the feet. Due to the **stretching of the TMJ capsule (temporo-mandibular joint capsule)**, the impulse to the nervus vagus can further contribute to a **continued relaxation** of the **entire postural musculature**.

With a relaxed jaw musculature, therapeutic exercises and applications can become even more successful.

## How to use the TJ-Motion?

The TJ-Motion are placed on the **lateral molars** of the lower jaw.

During application, the TJ-Motion lie **between the upper and lower molars** and are **placed by closing the mouth loosely ①**.

In the case of gag reflex, the TJ-Motion are placed a little further forward.

They remain in **this position** in the mouth for **3 minutes**.

If **loose movements** are performed during this time, the **effect** is **significantly improved**. Exercise ② - ④.

After use, **rinse** the **TJ-Motion with water** and place it **dry in the box**.

**Basic exercises**  
Always and almost everywhere applicable.



**More exercises**

Stretch your arms upwards



Turn your upper body



Stretch your back and shoulder blade



## How often can you apply the TJ-Motion?

Apply **2 to 3 times a day for 3 minutes** and your **entire postural musculature** will relax. New patterns of movement will be possible.

A **noticeable effect** depends on the **frequency of application** and how long a tension already exists.

## Who can use the TJ-Motion?

**Everybody** from the **primary school** to **senior citizens**. Use by children: only under adult supervision.

**! Warning: !**

Call a doctor when penetrating the trachea or lung. Not suitable for severe neurological disorders.

## What happens when you swallow the TJ-Motion?

**Nothing**, because the material is **100 % medical grade silicone**. After **2 to 3 days**, you will excrete the TJ-Motion.

## How long will the TJ-Motion last?

If the material becomes harder or appears any cracks, exchange the TJ-Motion. Discolorations have no influence on material quality.

- Odourless and tasteless
- Medical grade silicone
- Dimensionally stable
- 100 % BPA-free
- Latex-free