





Supporting effect:

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

Everywhere applicable:

















The ideal support to reduce tension











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 neurophysiological 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.

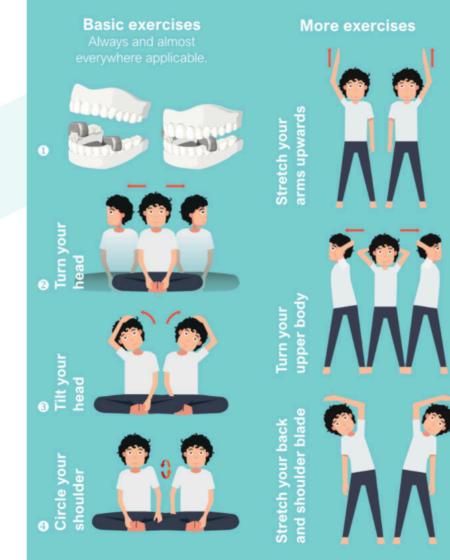
During application, the TJ-Motion lie between the upper and lower molars and are placed by closing the mouth loosely **①**.

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.



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.

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



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