



Bite Guide #	Vertical	Advancement
#1 - 3000	3.0 mm	0 mm
#2 - 3015	3.0 mm	1.5 mm
#3 - 3030	3.0 mm	3.0 mm
#4 - 4000	4.0 mm	0 mm
#5 - 4015	4.0 mm	1.5 mm
#6 - 4030	4.0 mm	3.0 mm
#7 - 5000	5.0 mm	0 mm
#8 - 5015	5.0 mm	1.5 mm
#9 - 5030	5.0 mm	3.0 mm

Figure 1. The bite guide wheel Figure 2. Side view of bite guide stick

Find the proper bite guide for fitting the Express 4 Power:

Determining the correct maxillo-mandibular relationship is the essential first step to making the Express 4 Power appliance. The wheel has 9 premeasured break-away Bite Guide Stick, numbered 1-9. Each one has a measurement code described in the table below. The vertical dimension can be increased in 1.0 mm increments and the protrusive advancement of the mandible can be increased in increments of 1.5 mm. When placed in patient's mouth, **the numbers on the handle of the bite guide should be faced up.**

*It is desirable that the patient's lips can remain comfortably closed with the Express 4 Power appliance in their mouth.

Manual muscle testing is recommended to determine the correct maxillo-mandibular relationship for the Express 4 Power. We usually use the deltoid muscle but any healthy muscle may be challenged.

1. The user is asked to stand with their lips together, teeth comfortably apart, and tongue in the roof of their mouth. Ask them to extend their arm straight out and resist your pushing it down for about 1 to 3 seconds. Strong resistance to being pushed down defines neurologic facilitation.



LIPS UNSTRAINED, COMFORTABLY TOGETHER

2. Ask the user to stand with their lips together while clenching on their back teeth and repeat the test. Poor resistance defines neurologic inhibition.

3. Ask the patient to stand on a small pad, approximately ½ inch tall. A small folded wad of paper will work fine. Ask them to stand with their lips together, teeth comfortably apart, and tongue in the roof of their mouth. In step 1, this was a position of facilitation, but now by introducing a postural

imbalance, most people will test inhibited. Now you know the difference in resistance between inhibition and facilitation

4. Snap off Bite Guide Stix #1 from the wheel. Insert it into the patient's mouth with numbers facing up, and ask them to bite into the grooves on both sides. When the patient is biting into a bite guide it should be directed straight out – not angled up or down.

5. Find the correct vertical dimension first using Bite Guide Stix #1, #4, and #7. With these three bite guides the patient is in an edge to edge relationship (*no protrusion*). Choose the stix where the patient is most facilitated with their lips comfortably closed.

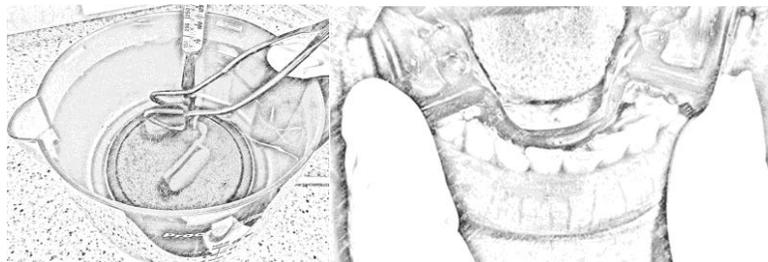
6. In order to find the correct protrusive position, muscle test the next 2 stix at the same vertical dimension that you found in step 5. For example, if you found #4 to be the best vertical dimension, test Bite Guide Stix #5 and #6. Bite Guide Stix 4, 5, and 6 are all 4.0 mm of vertical opening. Choose the stix where the patient is most facilitated with their lips comfortably closed and where the patient feels no discomfort in the TMJ or facial muscles.

Directions for fitting the Express 4 Power:

Supplies:

- Pot for heating water, 6 inches deep preferred
- Timer, watch or a clock with a second hand
- Tongs or a spoon

1. Simmer water to 180-185°F Water simmers at 180°F. This is when tiny bubbles start to form at bottom of pot. Boiling water is too hot. **Do not boil.**



2. Use tongs or a spoon to hold the mouthpiece in water for 60 seconds.

3. Place the softened Express 4 Power appliance in the patient's mouth over the mandibular teeth with the lingual bar behind the mandibular anterior teeth.

4. With finger pressure, push down vertically onto the mandibular teeth and then press lingually against the lower lingual flanges.

5. Ask the patient to bring their jaw a little forward and bite down, so their mandibular teeth are positioned in the groove on the bottom of the Bite Guide Stix. They must be instructed to bite all of the way down until their teeth firmly touch in the groove of the Bite Guide Stix.



BITE INTO SELECTED BITE GUIDE STICK



PRESS IN ON SIDES

6. Now ask them to close their lips and suck in with their lips and cheeks and push their tongue to the sides to form the softened material and achieve a snug fit over the teeth on the inside and outside (buccal and lingual).
7. Use finger pressure bilaterally against the cheeks.
8. After 60 seconds, remove the appliance from the patient's mouth and run it under cold water.
9. Retry the Express 4 Power appliance to confirm snug fit.
10. If the fit is not snug, repeat above steps.

