

# PhagiaFlex Hands Free CTAR Device Instructions

Consult a physician before beginning an exercise program.



1. Pull the table grips apart to slide the device onto an adjustable height hospital tray table.
2. Adjust the tray table to a height where the chin pad is slightly higher than the patient's mouth.
3. Position the tray table close to the patient's chest.
4. Push the chin pad down to fit it under the patient's chin. (The height of the adjustable table determines the resistance level)
5. Place the patient's arms or hands on the table to hold it steady and still.
6. Patient should be supervised at all times.
7. Do not allow the patient to lean forward while using this device, to prevent the possibility of falling forward. Patient

## **Chin Tuck Against Resistance (CTAR)**

Begin with your chin slightly elevated.

Keep your ears directly over your shoulders.

Slowly tuck your chin toward your chest.

Hold this position for 1-2 seconds.

Slowly raise your chin back up.

It is a small, gentle, easy movement.

Be sure to keep your ears over your shoulders. Repeat until the muscles under your chin fatigue.

## **Chin Tuck Against Resistance and Hold**

Begin this exercise like the CTAR. Hold the chin tuck position until the suprahyoid muscles under your chin fatigue (30-90 seconds).

Rest and repeat 3 – 5 times.

## **Jaw Opening Against Resistance (JOAR)**

Begin this exercise like the CTAR and Hold exercise. While holding the chin tuck position, slowly open your mouth widely and then slowly close your mouth. Repeat until your suprahyoid muscles (the muscles under your chin) fatigue.

## **Jaw Opening Against Resistance and Hold**

Begin this exercise like the JOAR exercise. When you have opened your mouth as widely as you can, hold that position until your suprahyoid muscles fatigue. Rest for 60 seconds and then repeat. Repeat 3-5 times.



Visit our website for instructional videos

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