

PowerBite Mouthguard

PROVIDING MAXIMUM PROTECTION WITH INCREASED ATHLETIC STRENGTH

“An athletes strength will increase between 5-20% with the use of a PowerBite Mouthguard...using weightlifting as a measurement.”

John Witzig, D.D.S. - Noted Authority on all Mouthguards & TMJ Treatment - Minneapolis, MN

All mouthguards protect, to a certain degree, but there should be more to it than just protecting the teeth. What about protection against concussions, TMJ and neck injuries? How about improving comfort and fit? Can it make breathing easier? Can it increase a players strength and endurance?

These are all added benefits that a PowerBite Mouthguard from Johns Dental Laboratories can provide for your patients.

Protects teeth, TMJ, neck and reduces concussions.

The primary reason to get a custom-fit mouthguard, like the “PowerBite,” is protection against concussions.

Clinical studies performed at Notre Dame University found that in addition to protecting the teeth, the custom mouthguard also provided protection from concussions and neck injuries.

Occlusal coverage will cushion the forced occlusion of the teeth from a blow to the chin or lower jaw.

The secondary reason is protection from neck injuries, and the third reason is protection from teeth-related injuries.

The PowerBite provides maximum Comfort and Fit.

You can achieve a perfect fit by providing Johns Dental Laboratories with patient impressions (see back page for bite requirements). We will adapt the mouthguard to the contours of the patients mouth for a locked-in fit.

In addition, the superior fit makes speaking and breathing easier. The PowerBite is appealing to athletes that need to speak during an athletic event, like a quarterback, a middle line backer or even a point guard.

Most players like the PowerBite mouthguard because they can still talk while protecting their smiles.



The women’s freshman basketball squad at St. Mary of the Woods in Indiana took a break from practice to show off their custom PowerBite Mouthguards in matching team colors. Partnering up with local high schools and colleges is a great way to gain exposure for a dental practice and can lead to many referrals.

The PowerBite increases strength and endurance.

In addition to the protection the PowerBite Mouthguard provides, it can also increase strength and endurance and can show a noticeable difference in athletic performance.

It has been a clinical observation for many years that patients with proper occlusions have greater endurance and perform better than those with malocclusions.

Imagine two wrestlers competing at the same age and weight, and one player performing with a PowerBite Mouthguard that could give him a 10% strength advantage.*

This scenario has proven effective for professional football players, hockey players and olympic wrestlers.



A local dentist and certified dental assistant were able to take impressions for the entire women’s basketball team in under an hour.



Tomorrow’s Splints Today

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*On patients with proper vertical, the increase in strength will be between 5 and 10%. On patients with a deep bite, the increase in strength will be much greater.

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During what sports should a PowerBite Mouthguard be worn?

Contact sports, like football, hockey, boxing and karate are the obvious uses for mouthguards, but there are several other sports that aren't typically thought of that have a high percentage of injuries. Basketball, baseball, softball, wrestling and soccer are just a few.

A custom-fit mouthguard is probably one of the least expensive and certainly the most important piece of equipment a player can wear. Remind your patients and parents that a small investment up front for mouth protection is better than the cost and pain of a serious injury later.

Conduct your own test and see what results you get. Talk to players, coaches and athletic directors in your area and make one for them.

Virtually any muscle that is testable can show a depression of its maximum strength when the jaw is not properly balanced. Furthermore, when there is pain in the area of the joint itself, stress is likely to decrease the amount of strength that a muscle can elicit.

Ron Backus, U.S. Olympic Shot-Putter, increased his strength 6% with a PowerBite Mouthguard.

Write "PowerBite Mouthguard" on any prescription and send it to Johns Dental along with upper and lower models and bite. You can also write "call me" on the prescription if you have any questions.

Credits
Symposium on Pediatric and Adolescent Sports Medicine
Dental and Maxillofacial Injuries
John R. Hildebrandt, D.D.S.

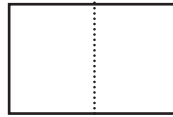
Muscular Strength Correlated to Jaw Posture and the Temporomandibular Joint
by Stephen D. Smith, D.M.D.

Dr. John Witzig, D.D.S., Director of the TMJ Institute of America

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How should the bite be taken?

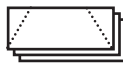
For best results, submerge Shur Wax in water heated to 139° F.



Fold the heated wax in half.



Fold in half again.



Fold ends at an angle. This should give you a minimum of three layers of wax.



Have the athlete stand facing the dentist. Place wax between the posterior teeth, so the anterior teeth are clear of wax. Have athlete close slowly in their normal closure until 3 mm of opening shows.

Remove wax from the mouth and place in cold water. Send wax bite and models with prescription to Johns Dental.

Note: The six lower anterior teeth should not contact the upper mouthguard on a PowerBite mouthguard.

Mouthguard colors

Half/Half Colors Available

white/red	black/red	yellow/red	blue/red
white/green	black/green	yellow/green	blue/green
white/purple	black/purple	yellow/purple	blue/orange
white/blue	black/blue	yellow/blue	blue/gold
white/maroon	black/maroon	yellow/maroon	blue/yellow
white/brown	black/yellow	yellow/brown	
white/orange	black/orange	orange/purple	
white/black	black/gold		

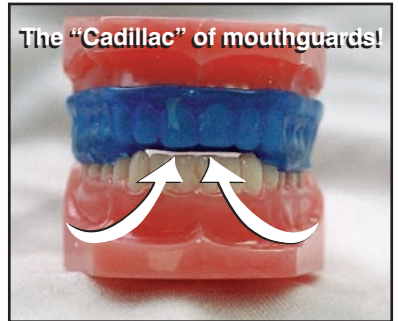
Solid Colors

blue	clear
red	purple
green	white
yellow	black
orange	maroon

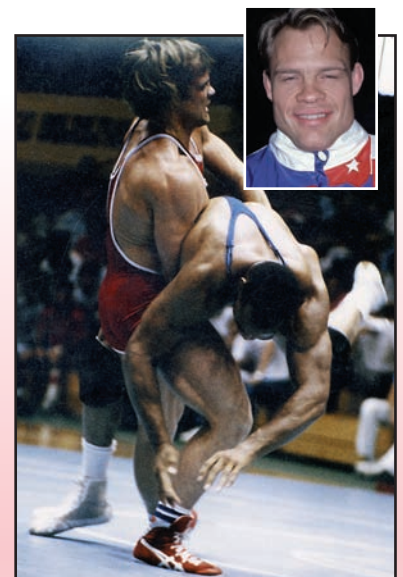
Tri-Colors

orange/white/black	Additional time may be needed for teams.
red/white/blue	

Please specify color choices and optional helmet strap on your prescription. Select one of the dark colors above for intimidation, or fit an entire team in their school colors for an impressive look. Color availability continues to change, so check with Johns Dental if you don't see a color you want.



The PowerBite allows for an increase in oxygen intake, which improves an athletes endurance later in the event, when other players become fatigued.



Dennis Koslowski, U.S. Olympic Heavyweight Wrestling Champion, increased his strength 19% with the use of a Powerbite Mouthguard. Dennis is shown above throwing the Russian champion.

Without the Powerbite Mouthguard, Dennis could bench press 325 lbs, sixteen times. With the Powerbite, he could bench press 365 lbs, sixteen times. This is the most he has ever lifted. Treated by Dr. John Witzig, D.D.S.



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