

Speed2Treat[®] Home Healing Kit

Self-directed 4-Week Care Plan for acute head, neck & jaw pain

Designed by Orofacial Pain Specialists



For pain relief and proper healing of common head, neck & jaw trauma, such as:

1. Clenching and overuse of jaw and neck muscles and associated tension headaches.
2. Mild cases of whiplash, headache and/or concussion from a motor-vehicle crash, sports-related injury or work-related injury.
3. Blow to the jaw, chin lacerations, or slip-and-fall accidents.
4. Flare-ups of existing head, neck or TMJ musculoskeletal disorders.
5. Accidental or prolonged stretching of the temporomandibular joints (TMJ), ligaments and/or muscles of mastication caused by events such as biting into something hard or large, yawning, or from procedures such as intubation, general anesthesia, or extensive dental procedures.

Speed2Treat[®] Home Healing Kit:

- Guides patients through an easy-to-understand care plan that is designed to break the cycle of pain.
- Allows you to modify the components to fit your practice and your patient's needs.
- Facilitates your differential diagnosis, compliments your rehabilitation program, or helps initiate simple treatment in combination with a referral to a specialist when needed.
- Offers an evidence-based treatment plan, self-care measures and understandable, educational steps to help patients recover at home and without prescribed pharmaceuticals. The **Speed2Treat[®] Home Healing Kit** is designed by orofacial pain specialists to be a universal standard of care for healthcare professionals.

How it works:

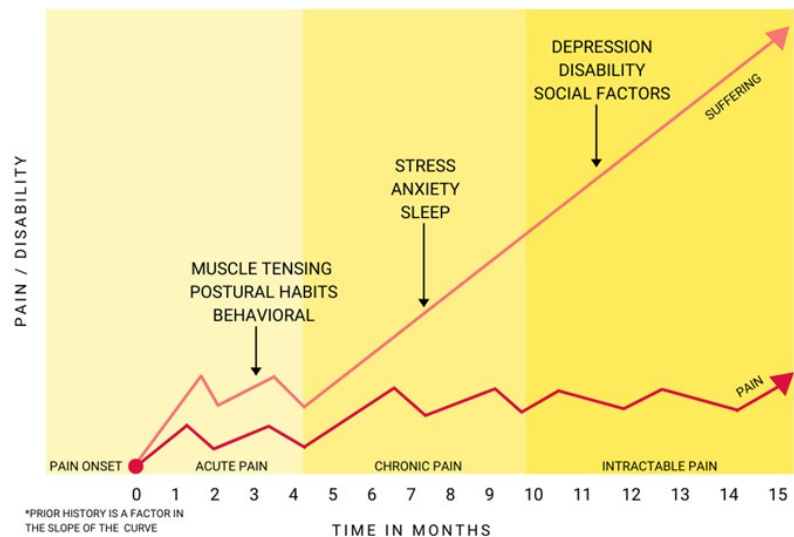
Mild head and neck (whiplash associated disorders, sports injuries, mild concussion) and acute strain and sprain to jaw muscles and joint structures can vary from first degree to third degree. Recent research and clinical experience have shown that the best approach to encourage rapid healing with most sprain/strains in first and second-degree injuries is a protocol that includes movement, exercises, analgesia, and conservative treatment. The **Speed2Treat[®] Home Healing Kit** provides a goal-based “directed” self-care pathway using small and realistic accomplishments that can be achieved over time when coupled with the start of treatment with QuickSplint[®] overnight oral appliance and hot/cold therapy and analgesics. For the patient, this creates an immediate validation of their concern and creates a successful momentum to maintain health or prompt return to health. Patient needs are addressed immediately, before muscle guarding intensifies and other restrictions in the jaw and neck musculature progress and become complicated to treat.

Advantages:

1. Your patient feels validated and engaged in their care
2. Psychological suffering and worry are minimized
3. The patient expects a positive treatment outcome and is more inclined to continue treatment
4. QuickSplint® provides an interference in muscle contraction/guarding, which helps to reduce pain and provide symptom relief
5. QuickSplint® trial helps confirm if an oral device will be beneficial
6. QuickSplint® trial combined with exercises and weekly Pain Tracker, provides accurate information on the patient's jaw and neck function, which can be used to further the differential diagnosis.
7. Expertise in craniofacial pain or physiology is not required

Early Intervention Helps Prevent Chronic Pain:

The time between *onset* of jaw and neck musculoskeletal sprain/strain symptoms and the *initiation of specific care* can become a contributing factor to chronicity. Our experience shows that 7 out of 10 patients with mild head, neck and jaw trauma or injury (without significant prior history) who are compliant with the **Speed2Treat® Home Healing Kit** can improve jaw and neck function and reduce pain levels within four weeks.



Outcomes:

The results will be stratified into one of four groups:

1. Symptom resolution without need for further treatment.
2. Symptom resolution with signs of simple parafunction (bruxism), which merits ongoing protection (splint therapy) to prevent irreversible damage to hard-dental structures. Recommend patient evaluation by a dentist.
3. Resolution of symptoms but signs of pathologic parafunction (bruxism) and/or continued symptoms. Depending on your level of training, you or a specialist should direct appropriate imaging, physical medicine, long-term splint therapy, and/or supportive care.
4. Non-resolution of pain symptoms, with need for further examination (problem more chronic than a sprain/strain, such as a chronic pain condition). These patients should be referred to a specialist for care that might include imaging, medication and/or integrative care.

Providing the Speed2Treat[®] Home Healing Kit to your patients:

1. Professional Pricing is available at **QuickSplint.com**. Have Kits at your office so you can treat your patients immediately.
2. Specify a DROP SHIP and we will send the **Speed2Treat[®] Home Healing Kit** to your patient's home.
3. Instruct your patient to purchase on Amazon. Schedule a follow-up appointment in-person or via telehealth to monitor their improvement or refer to a specialist.

