

# myTAP Vertical Shims

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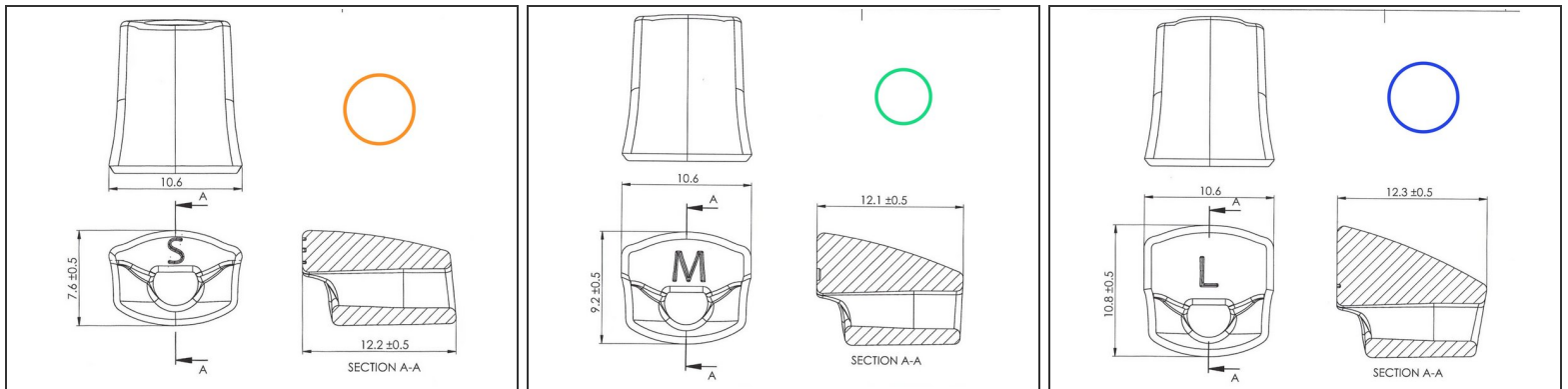
## INTRODUCTION

The device has a built in 3mm vertical

The shims are in addition so maximum vertical with the small is 6 mm, medium is 9mm, and large is 12 mm

These can be adjusted depending on the location on the gray screw

## Step 1 — Shim sizes



- The myTAP includes a 3mm vertical gap as a starting point.
- The small shim adds 6mm
- The medium shim adds 9mm
- The large shim adds 12 mm

## Step 2 — Notes from Dr. Thornton



- The shims were made to fit the curve of the front of the lower tray and the curve of the post. The vertical can be varied depending on how far forward you move the shim.
- The measurement is interincisal, not posterior or from maximum intercuspation. The precision on the vertical is not precise. There are no studies on vertical so I determined the thickness based on two previous studies.
- Basically I determine the discrepancy between the intraoral volume and the size of tongue, the larger the discrepancy, the greater the vertical. Usually this is the medium on a male and the small on the female.
- The post adds 3 mm vertical with around 2mm on the lower tray. The upper doesn't have acrylic over the upper incisors so the measurement is based on the 3mm due to the post and 2mm from the thickness of the tray.
- Many times we have to change out the shims to achieve a better result. This is no different than adjusting the protrusive based on symptoms and pulse oximetry. However, this is the only appliance where vertical can be adjusted easily.