



**Metrolina Orthopedic  
& Sports Medicine**

February 27, 2014

## **Mouth Guard Testing Data Request Survey Mailed To Mouth Guard Manufactures**

To all administrators,

On behalf of an investigative report to gather the current state-of-the-art "science" on mouth guard claims based on applied research, Metrolina Othopaedic and Sports Medicine Clinic mailed inquiry letters to the major mouth guard manufactures in the USA.

On 1/9/13, 7 letters were mailed.

On 3/6/13, six follow up request letters were emailed out.

On 3/29/13, a second wave of additional requests were mailed.

On 9/18/13, 25 follow ups were mailed to all nonresponders.

In summary, only 3 responded with material and research requested for a scientific review study. Only Brain-Pad, Inc. responded with a greater than one inch data requested. The other 2 have poor, unsatisfactory responses. The remainder produced NO science upon which their claims are based.

All mailed materials and responses are openly available for qualified participants. There is apparently a massive void in research that fails to support the vast majority of nonresearched claims by manufacturers and distributors of mouth guards. Only one, Brain-Pad, appears to demonstrate a scientific and well founded basis for protection of the mouth, teeth, jaw, and tempro-mandibular joint. In general, let the buyer beware unless utilizing dual arch technology.

Sincerely,

Joseph J. Estwanik, MD  
JJE/cs

\*Mouth Guard Manufacturers contacted(via certified mail), for scientific product data submission, for review of validity of product claims:

- Mogo Sports
- Brain-Pad, Inc.
- Under Armor, Inc.
- Nike, Inc.
- Shock Doctor. Inc.
- Gladiator(Sport Guard International)
- Battle Science, LLC
- major Dental Professionals producing Custom Made mouth guards