

# 5 GOOD REASONS TO WEAR A MOUTHGUARD



1

May help reduce **concussion**

2

Protects against **soft tissue injuries**

3

Protects against **jaw joint injuries**

4

Cushion teeth against **impact**

5

Helps prevent **neck and jaw injuries**



**Wear a mouthguard EVERY time you train or play a sport.**

A custom made mouthguard not only protects your teeth but can also protect or reduce the impact of injuries in other parts of your head and jaw.

[www.brockportsmiles.com](http://www.brockportsmiles.com)

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