

# WHAT IS OROFACIAL MYOFUNCTIONAL THERAPY?



## OROFACIAL MYOFUNCTIONAL DISORDERS

"Orofacial Myofunctional Disorders are patterns involving orofacial musculature that interfere with normal growth, development, and function of orofacial structures. Inadequate muscle function can lead to a disruption in proper orofacial development." Paula Gelvez-Petrone, RDH

## OROFACIAL MYOFUNCTIONAL THERAPY



Orofacial Myofunctional Therapy consists of therapeutic exercises to strengthen and reeducate facial and tongue muscles optimizing their function.

- Also known as Orofacial Myology,
- Tongue Thrust Therapy, or
- Physical Therapy for the orofacial structures

## HOW DOES THERAPY WORK?

- Step 1: Fill out history form and upload your 21 photos
- Step 2: Consultation Appointment with Renata or one of our therapists
- Step 3: Myofunctional Therapy Assessment - be ready with a glass of water, snacks, good lighting, and high speed internet
- Step 4: You will receive a report - Follow up with any referrals
- Step 5: Therapy Sessions - Write down your exercises and set aside at least 30 minutes for the appointment
- Step 6: Practice Your Exercises Everyday!



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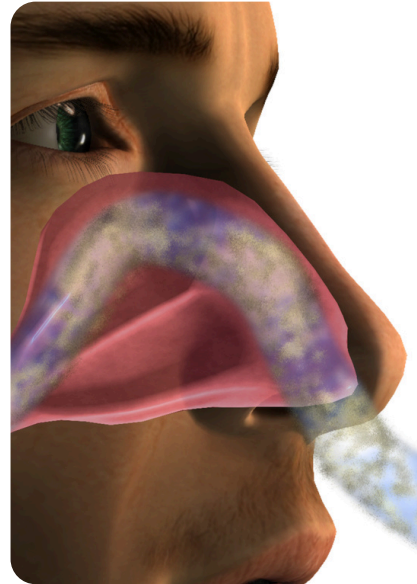
# MYOFUNCTIONAL THERAPY CONSULTATION



## NASAL BREATHING

One of the goals of Orofacial Myofunctional Therapy is nasal breathing! Breathing IN and OUT of your nose is essential for healthy orofacial development. Listed below are some benefits of nasal breathing:

- Increased Nitric Oxide
- Increased oxygen release
- Reduces stress and anxiety
- More restful sleep
- Reduces allergies
- Improves concentration



## ELIMINATING THE 3D'S

Our nose has 3 main functions:

- To clean the air
- To humidify the air
- To warm the air



The 3 Ds are common culprits of nasal obstruction/allergies,. Reducing or eliminating them may help improve nasal breathing:

- Dander - no pets specially in the bedroom
- Dust -Stuffed animals, carpets, rugs, curtains, change air conditioning filters more often, use hypoallergenic sheets
- Dairy - dairy has inflammatory properties
- Toxins - Laundry Detergent, Cleaning Supplies, Mold
- Fragrances - No perfume, cologne, plug-ins, candles

In order to improve air quality and reduce allergens we recommend adding these to your bedroom:

- Air Purifier
- Humidifier (add essential oils if you like them)



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## TONGUE POSITION

Another goal of Orofacial Myofunctional Therapy is tongue position! Your tongue should be lightly suctioned inside your palate without touching your teeth. Benefits of proper tongue position are:

- Promotes nasal breathing
- Protects your airway
- Supports craniofacial growth & development
- Promotes correct speech
- Promotes a proper swallow



## ORAL TIES

Frena when restricted can cause an array of negative symptoms.

### Maxillary Labial Frenum

- Located under the upper lip
- It can cause space (diastema) in between the front teeth
- It allows for food to get stuck promoting cavities
- It can interfere in breastfeeding not allowing baby to fully close lips around the breast
- It can negatively impact bilabial sounds

### Lingual Frenum (Tongue-tie)

- Located on the underside of the tongue
- It can be short or attach too close to the tip of the tongue impacting function
- Issues with speech, feeding, swallowing,



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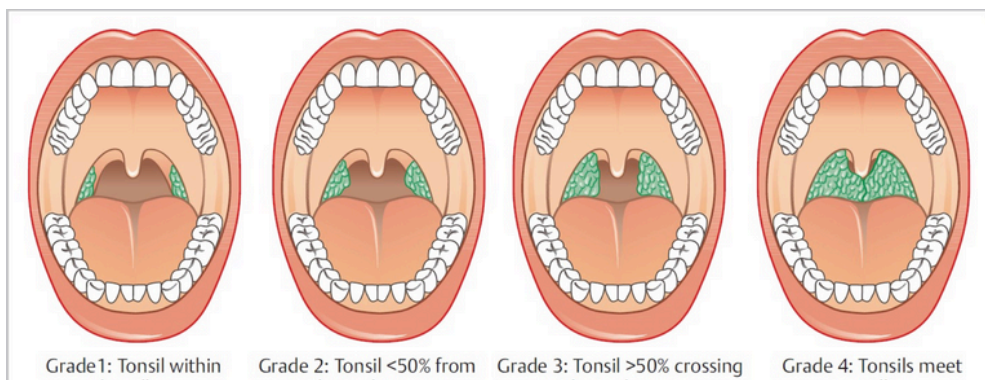
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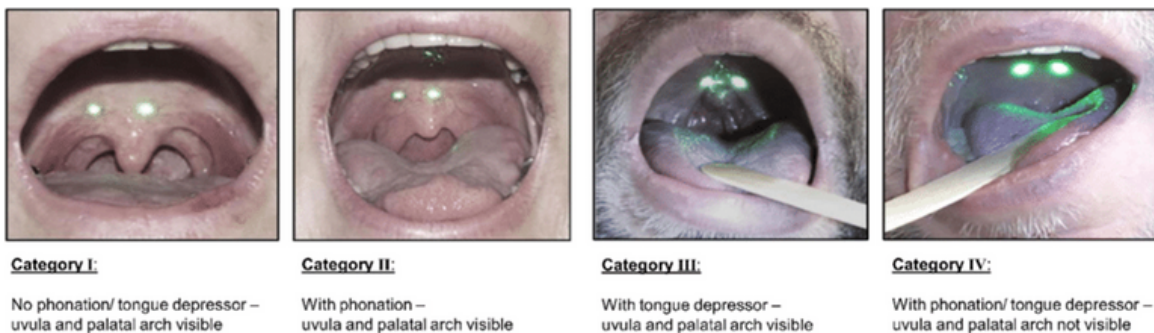
## TONSIL GRADING

Enlarged tonsils can obstruct the airway, change tongue position and affect swallowing. We usually refer to an ENT for further evaluation for Grades 3 and 4.



## MALAMPATTI OR FRIEDMAN SCORE

We use the modified malampatti score also known as Friedman's Score. The more we can see the throat/oropharynx area - the better. Those patient's who have a hard time moving the back of the tongue down may present with some more sleep/airway concerns.



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# MYOFUNCTIONAL THERAPY

## CONSULTATION



## SLEEP

There are 4 main sleep stages - We go through these sleep cycles every 90 minutes or so - all night long.

- Stage 1 - Drowsy - 5-10min.
- Stage 2 - Light Sleep - 20min.
- Stage 3 - Deep Sleep - Hormone Release - Growth, Satiety Repair/Regeneration- 30min
- REM - Memory Consolidation, Dreams

If you can't breathe well - you won't go into or spend enough time in Deep Sleep and REM - which are essential for healing and restorative sleep.



## SLEEP DISORDERED BREATHING

- Sleep-disordered breathing (SDB) is a general term for breathing difficulties during sleep that involves a disruption in respiratory and airflow patterns.
- It can be particularly detrimental to children's physical, psychosocial and mental health and overall well-being. SDB includes both Obstructive Sleep Apnea (OSA) as well as Upper Airway Resistance Syndrome (UARS).



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## CONSULTATION



## SLEEP DISORDERED BREATHING DAYTIME SYMPTOMS

- ADD/ADHD related symptoms: impulsivity, hyperactivity and inability to focus)
- Academic Challenges / Difficulties in School / Lower IQ
- Stunted Growth and Development
- Dark Circles Under the Eyes
- Swollen Adenoids/Tonsils
- Aggressive Behavior
- Difficulty Waking in the Morning
- Difficulty with emotional regulation
- Depression
- Irritability
- Mouth Breathing
- Daytime Drowsiness
- Chronic Chapped Lips
- Chronic Allergies
- Teeth Crowding
- Tongue Thrust



## SLEEP DISORDERED BREATHING NIGHTTIME SYMPTOMS

- Mouth Breathing
- Snoring / Audible Breathing
- Pauses in Breathing
- Gasping for Air
- Drooling
- Restless / Disturbed Sleep
- Frequent night awakenings
- Bed-Wetting
- Frequent Thirst/Dry Mouth
- Thumb Sucking
- Nightmares / Night Terrors
- Unusual Sleeping Positions
- Sleep Talking or Walking
- Teeth Grinding



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