Treatment goals for Myofunctional Therapy

The goals of myofunctional therapy are:

• Optimal tongue resting position
• Elimination of bad habits like mouth breathing and thumb sucking
• Adequate lip seal at rest
• A correct chew and swallow pattern
• Strengthening/re-patterning of orofacial muscles
• Jaw and orthodontic stability
• Proper nasal breathing while awake and asleep
• Proper facial development
• Good neck and head posture

Who Treats OMDs?

A myofunctional therapist (AKA orofacial myologist) treats orofacial myofunctional disorder (OMDs). They are normally a licensed dental hygienist or speech language pathologist with specialized training to treat OMDs.

Myofunctional therapists work in an interdisciplinary team along with ENTs, orthodontists, sleep MDs, etc. to treat OMDs.

Second Breath OMT offers myofunctional treatment tailored to each client’s individual needs, and are the only practitioners in the Napa area!

Visit our website for more info and call to schedule your free consultation today!

Optional resources:

Do you have...

• Incorrect placement of the tongue at rest (pushing against or between your teeth or down on the floor of the mouth) causing orthodontic issues?
• An open mouth rest posture (lips apart at rest) or breathe through your mouth?
• Harmful oral habits like thumb sucking, lip or nail biting?
• Problems with chewing and swallowing?
• Issues with sleeping, snoring, tooth grinding, or jaw pain?

If so, then you may have an orofacial myofunctional disorder (OMD)
OMDs can cause:

- Orthodontic issues (open bites, crowding, spacing, etc)
- Atypical chewing & swallowing (“sloppy eating” & tongue thrust swallow)
- Improper facial growth (long, narrow face, retracted chin, weak lips)
- Airway issues (narrow palate/nasal cavity leading to sleep-breathing issues like sleep apnea)
- Jaw & facial pain
- Teeth grinding & clenching
- Dental disease (higher incidence of cavities/gum disease)
- Bad posture (forward head posture) & and unnecessary facial wrinkles
- Speech issues (lisps)

Why be concerned about Orofacial Myofunctional Disorders (OMDs)?

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Myofunctional therapists are able to evaluate and help treat patients for a host of OMDs and related risk factors, such as improper tongue position, tongue & lip tie, large tonsils, oral habits, chewing & swallowing difficulties, improper breathing habits, jaw & facial pain, and sleep issues.

**COMMON OROFACIAL MYOFUNCTIONAL DISORDERS (OMDS)**

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**TONGUE THRUST/TONGUE TIE:**

*Tongue thrust=infantile swallow* is characterized by the tongue pushing forward through the front (or back) teeth during swallowing, speech, and at rest, leading to muscle strain and orthodontic issues. A **tongue tie** is an abnormal shortness of the tissue located under the tongue, limiting the tongue’s movement. It can interfere with oral development, feeding, and speech. We can help identify these problems.

**MOUTH BREATHING/IMPROPER FACIAL GROWTH:**

*Mouth breathing* does not allow us the same benefits as nasal breathing and leads to many consequences such as abnormal facial and dental development, dry mouth, dental disease, increased risk for behavioral and memory problems, ADHD, anxiety/panic attacks, depression, and sleep apnea. Our breathing re-education and myofunctional program can help.

**MYOFASCIAL PAIN/SLEEP DISORDERS**

A wider body of research is finding that there is a link between **sleep disorders** (sleep apnea/insomnia), **bruxism** (tooth grinding/clenching), **jaw & facial pain**, acid reflux, and headaches and migraines. Myofunctional therapists can help identify airway issues that are the root cause, and work to treat breathing issues and jaw stability and function along with a dental/medical team.