

## Therapy for the *mouth*...



## WHAT SERVICES DO WE OFFER?

- Habit Elimination Program (Thumb sucking, nail biting, etc)
- Tongue Tie (lingual frenectomy)
- Headaches
- TMJ muscle pain
- Tongue Thrusting
- Swallowing
- Mouth breathing
- Poor sleep
- Snoring

## AT WHAT AGE DO I START?

Myofunctional therapy can have a positive impact at any age. During the earlier developmental years, therapy can help guide proper orofacial growth. As an adult, you can also benefit by creating positive oral habits such as nasal breathing that can improve your quality of life.

### For More Information:

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# MYOFUNCTIONAL THERAPY



# WHAT IS MYOFUNCTIONAL THERAPY?

It is a personalized program of exercises to help correct the improper function of oral and facial muscles to create and maintain healthy muscle function. This involves exercises for the tongue, lips, cheeks, swallowing patterns and proper breathing.



DOES YOUR TONGUE MAKE CONTACT WITH THESE THREE POINTS ON THE TOP OF YOUR MOUTH? IT SHOULD - FROM THE TIP TO THE BACK. IT SHOULD FILL UP THE ENTIRE SPACE INSIDE YOUR MOUTH.

# WHY IS IT IMPORTANT?

It takes about 1.7grams of force to move a... Your tongue itself can exert 300 to 500 grams of force as well your lips can exert 100+ grams of force. All these forces can affect the development of the face and oral cavity.

# WHO DOES IT AFFECT?

About 38% of the general population... 80% of children with articulating problems...

# WHAT IS OROFACIAL MYOFUNCTIONAL DISORDERS (OMDs)?

It is muscle disorders and function of the face, mouth, jaw, and lips. This can be caused from oral habits such as thumb sucking, prolonged pacifier use, tongue thrusting, nail biting, mouth breathing, lip ties, tongue ties etc.



Open Bite

Protrusion



# WHAT IS WRONG WITH HAVING OMDs?

Mouth breathing can negatively affect the growth of the face and cause crooked teeth. The swallowing and chewing actions can also contribute to crooked teeth. For those undergoing braces, it can slow down the progress of treatment and increase the risk of relapse after completion. If not corrected, it can also lead to TMJ issues, speech distortions, muscular pain of the face, neck and back. Snoring and sleep patterns can be affected. All in all, it can affect the structural growth, function, and development of orofacial muscles.

Fig. 1

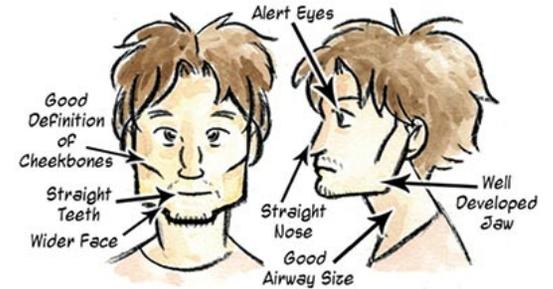


Fig. 1: The facial characteristics of a nasal breather. Based on Irish International and LA Galaxy soccer captain Robbie Keane.

Fig. 2

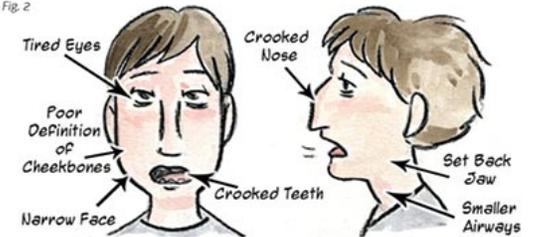


Fig. 2: The facial characteristics of a mouth breather.