

MYOFUNCTIONAL THERAPY

OROFACIAL MYOFUNCTIONAL THERAPY



What is it?

Orofacial Myofunctional Therapy is neurological re-education exercises that assist in improving the function of the muscles in the tongue, lips, jaw, and palate to improve speech, chewing, swallowing, and breathing patterns.



Indicators of Orofacial Myofunctional Disorders:

- Mouth Breathing
- Snoring
- Limited tongue movement
- Difficulty making sounds like "s" & "z"
- Difficulty chewing and swallowing foods
- Difficulty closing lips to swallow
- Drooling beyond age 2
- Tongue pushing past front teeth while at rest
- Misaligned bite, overbite, underbite, etc.
- Lip/tongue ties
- Jaw pain
- Prolonged use of bottle, pacifier, thumb sucking, etc.



Benefits of Myofunctional Therapy

Speech-language pathologists trained in Myofunctional Therapy can help your child:

- Understand where their tongue and mouth muscles are at rest and while speaking & eating
- Improve breathing patterns & decrease snoring
- Produce sounds more clearly
- Implement strategies to improve chewing and swallowing patterns
- Decrease oral habits like thumb sucking, pacifier use, etc.