



Myofunctional Therapy Approach

We prefer to use a positive approach to eliminate such oral dysfunctions as mouth breathing, open mouth posture with lowered tongue position, and tongue thrust by strengthening the muscles of the facial network. This is a psychophysiological approach which is aimed at coordination of muscle groups as routine for normal deglutition and articulation from a positive reinforcement exercise regimen.

Therapy is an eight-step program (not necessarily an eight-week program)

- 1) Therapy is directed at the tip of the tongue, establishing the placement of the tongue to achieve a labioglossal seal.
- 2) Aimed at strengthening the musculature that elevates and supports anterior tongue segments
- 3) Repositioning posterior tongue for resting and for speech.
- 4) Integration of new swallow with correct resting posture of the anterior segment of the tongue.
- 5) Establishing new patterns of deglutition on a conscious level.
- 6) Establishing new patterns for subconscious control of chewing, swallowing and tongue resting position.
- 7) Determination of the correct subconscious tongue position for resting posture.
- 8) Final concerns and evaluation of total pattern of facial musculature.

Recheck at any change in oral environment: Bands off, retainer, extractions, etc., or if the referral source desires. Patient is dismissed from therapy when at least one recheck, after a three month lapse, demonstrates correction and proper use of muscles to the complete satisfaction of clinician and patient.