

## DO YOU OR YOUR CHILD EXPERIENCE ANY OF THE FOLLOWING?

- Mouth breathing / mouth open at rest
- Drooling
- Tongue thrust
- Forward head posture
- Thumb, finger or prolonged dummy sucking
- Allergies / enlarged tonsils / chronic runny or blocked nose
- Lisp / speech errors
- Tongue tie
- Grinding / clenching of teeth
- Obstructive sleep apnea / snoring
- Crowded / crooked teeth
- TMJ pain / clicking / headaches
- Messy eating / chewing noisily with their mouth open

## THESE ARE SOME SIGNS THAT YOU OR YOUR CHILD MAY HAVE AN OROFACIAL MYOFUNCTIONAL DISORDER (OMD)



### WHAT IS AN OROFACIAL MYOFUNCTIONAL DISORDER?

An orofacial myofunctional disorder (OMD) is a dysfunctional lip, jaw or tongue position or movement during speech, chewing, swallowing, or at rest.

One type of OMD is a tongue thrust, when the tongue rests too far forward in the mouth or protrudes forward during speech or swallowing.



OMD's may affect facial skeletal growth and development, chewing, swallowing, speech, occlusion, temporomandibular joint (TMJ) movement, oral hygiene, stability of orthodontic treatment, facial aesthetics, and more.



### WHAT DOES OROFACIAL MYOFUNCTIONAL THERAPY (OMT) INVOLVE?

OMT involves a comprehensive assessment of the orofacial complex (oral structure and muscular function) followed by therapy to improve oral rest posture, eliminate poor oral habits, enhance nasal breathing and correct patterns of the tongue, lips and jaw during speech production, chewing and swallowing.

**For more information regarding an assessment or treatment, contact Mouth and Mind Speech Pathology on 0417 662 408 or email [info@mouthandmind.com.au](mailto:info@mouthandmind.com.au).**

## WHAT TO EXPECT FROM OROFACIAL MYOFUNCTIONAL THERAPY (OMT)

Orofacial Myofunctional Therapy (OMT) is a therapeutic approach designed to correct improper function of the oral and facial muscles. These muscles play a crucial role in chewing, swallowing, speaking and breathing.

OMT focuses on:

### REBALANCING MUSCLE FUNCTION

Training the muscles of the face and mouth to work properly by:

- establishing correct oral rest posture
- improving the rate, range and accuracy of lip and tongue movements for speech, feeding / swallowing

### IMPROVING ORAL HABITS

Addressing issues like:

- thumb sucking
- mouth breathing
- incorrect swallowing patterns

### ENHANCING OVERALL HEALTH

Supporting proper development of the oral and facial structures and improving overall quality of life.

## WHO CAN BENEFIT FROM OMT

**CHILDREN:** to address habits like thumb sucking, mouth breathing, or difficulties with speech and swallowing.

**ADULTS:** to correct issues related to jaw pain, teeth grinding, or sleep disorders.

**CHILDREN/ADULTS WITH ORTHODONTIC TREATMENT:** to support and maintain the results of braces or other dental work.

**CHILDREN/ADULTS WITH OBSTRUCTIVE SLEEP APNEA/SLEEP DISORDERED BREATHING:** preventing relapse post surgery by strengthening and retraining oral, pharyngeal and facial muscles and retraining nasal breathing. Current research demonstrates that OMT can serve as an adjunct therapy, with evidence that it can decrease AHI by 43% in children and increase mean oxygen saturations in children with mild-moderate OSA. (Effect of myofunctional therapy on children with obstructive sleep apnea: a meta analysis. Sleep Med 2020 Nov;75:210-217).

## WHAT TO EXPECT DURING YOUR THERAPY

### INITIAL ASSESSMENT

**ASSESSMENT:** Thorough evaluation of your oral and facial muscle function, oral placement for speech, oral habits (ie. thumb sucking), swallowing patterns and breathing.

**DISCUSSION:** of your medical history, current concerns and goals for therapy.

**CUSTOMISATION PLAN:** Based on the evaluation, a personalised therapy plan will be developed.

### THERAPY SESSIONS

**EDUCATION:** Learn about the importance of proper oral and facial function and how to integrate new habits into your daily routine.

**NEUROMUSCULAR RE-EDUCATION EXERCISES:** You will be guided through specific exercises to correct muscle function and address oral habits. These exercises may include lip and tongue exercises, swallowing techniques and breathing retraining.

**FEEDBACK AND ADJUSTMENT:** Your speech pathologist will provide ongoing feedback and adjust exercises as needed to ensure progress.

### HOME PRACTICE SESSIONS

**CONSISTENCY:** Regular practice of the exercises at home is crucial for success. Your speech therapist will provide a schedule and instructions for at-home exercises.

**MONITORING PROGRESS:** You'll keep track of your progress and report any difficulties or improvements during your sessions.