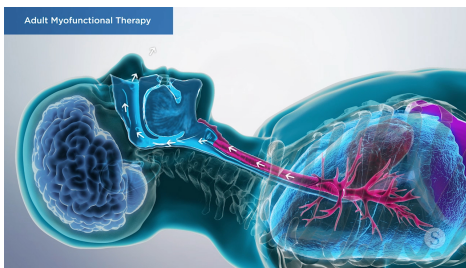


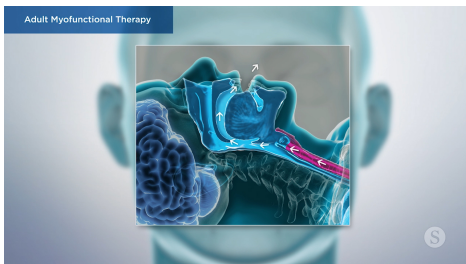
# Adult Myofunctional Therapy



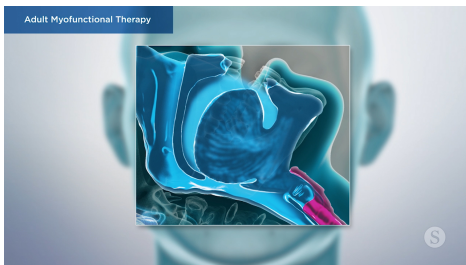
Myofunctional therapy is an exercise-based therapy used to treat muscle disorders of the face, neck, head, and mouth and help with dental occlusion and temporomandibular disorders.



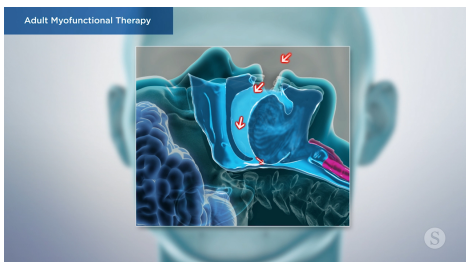
In adults, orofacial myofunctional disorders can directly or indirectly impact a person's ability to chew, swallow, speak, body posture, and breathe.



Typically, a clinician or speech pathologist will recommend a myofunctional therapist to assist with mouth breathing,



Snoring



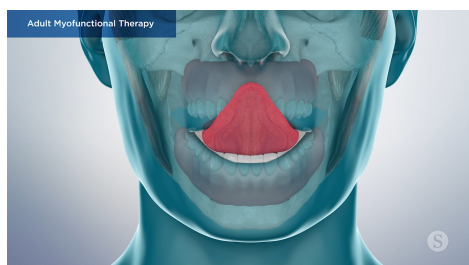
Sleep apnea



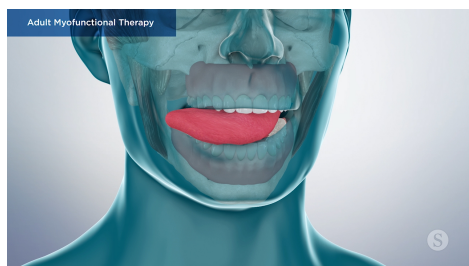
Swallowing, chewing, sleep-disordered breathing, and other issues.



A myofunctional therapist will customize a program of specific exercises to retrain the muscles in your face, mouth,



Tongue, and throat.



Examples of daily exercises include facial and tongue movements, behavior modification techniques to promote proper tongue position, breathing exercises, and chewing and swallowing exercises.



Oral corrections are usually retained for years after therapy is completed. Ask your doctor if myofunctional therapy would be beneficial for your eating, breathing, and sleeping issues.