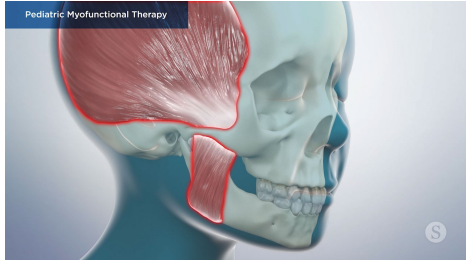
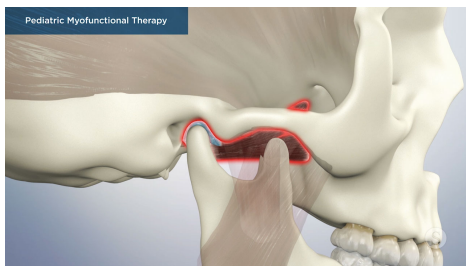


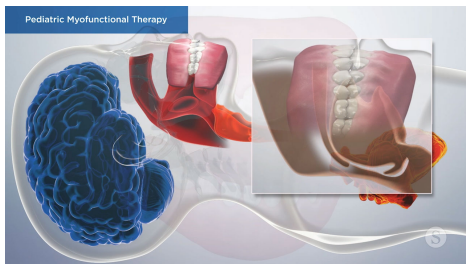
Pediatric Myofunctional Therapy



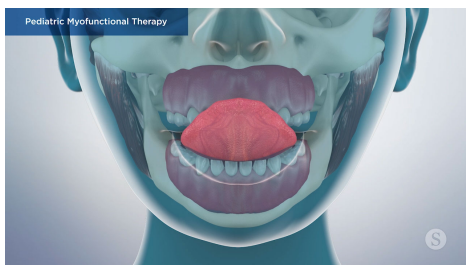
Myofunctional therapy is an exercise-based therapy used to treat muscle disorders of the face, neck, head and mouth in children and adults.



Orofacial myofunctional disorders can impact directly or indirectly chewing, swallowing, speech, breastfeeding, craniofacial development, dental occlusion, temporomandibular disorders, and body posture.



Typically, a dentist, dental hygienist, orthodontist or speech pathologist will recommend a myofunctional therapist to assist with a child's tongue thrust, lisp, tongue tie, snoring, sleep apnea, swallowing, chewing, open bite, mouth breathing and other issues.



A myofunctional therapist will customize a program of specific exercises to retrain the patient's face, mouth and throat muscles. Examples of daily exercises include facial and tongue exercises, behavior modification techniques to promote proper tongue position, breathing exercises, and chewing and swallowing exercises.



Both children and adults can benefit from myofunctional therapy. Oral corrections are usually retained for years after therapy is completed.



Ask your doctor if myofunctional therapy would be beneficial for you or your child's eating, speaking, breathing and sleeping issues.