

Signs of an OMD

There are many signs and symptoms of OMDs. The most common are:

- Articulation and Speech Intelligibility Issues
- Enlarged tonsils or adenoids
- Teeth Grinding
- Asthma
- Snoring & Sleep Apnea
- Anxiety
- Stress
- Symptoms of ADHD
- Allergies
- Mouth Breathing
- Digit Habits (i.e. thumb or finger sucking and/or nail biting)
- Tethered Oral Tissues (TOTs) (i.e. tongue and lip ties)
- Difficulty Breastfeeding
- Difficulty chewing or picky eating
- Torticollis
- Dental occlusion issues
- Speech sound disorders (particularly a frontal lisp)
- Tongue Thrust
- Drooling
- Reflux

What is Orofacial Myofunctional Therapy, anyway??

Orofacial Myofunctional Disorders (OMDs) are disorders of the muscles and functions of the face and mouth. OMDs may affect, directly and/or indirectly, breastfeeding, skeletal growth and development, chewing, swallowing, speech, dental occlusion, temporomandibular joint movement, oral hygiene, stability of orthodontic treatment facial aesthetics, and more.

Most OMDs originate with insufficient habitual nasal breathing or with mouth breathing. The subsequent adaptation of the muscles and the orofacial functions to a disordered breathing pattern creates many OMDs.

"Correct swallowing depends on a proper relationship between muscles of the face, mouth and throat." - *Academy of Orofacial Myofunctional Therapy*



Orofacial Myofunctional Therapy



What does OMT entail?

- Collection of a thorough case history regarding the client's development and medical or familial history
- Thorough evaluation of the integrity and function of the orofacial structures
- Development of an individualized treatment plan to address OMDs utilizing a team approach to target the root cause(s) of dysfunction
- Provision and guidance for the client's home program

Call for a free phone consultation!



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FEEDING DIFFICULTIES

ASTHMA

SNORING

SLEEP APNEA

ANXIETY

STRESS

ADHD

ALLERGIES

TONGUE THRUST

OMT CAN HELP!

www.playandsayspeechservices.com

An Individualized Program for YOUR Child

Our team of specialists in the field of orofacial myofunctional therapy will develop an individualized program to address the unique needs of your child. Using a team approach, your child's therapist will guide your family in making small adjustments to your daily routines and activities to improve your child's orofacial development and function.



When should I seek help and who do I see?

If you are concerned that your child may have an OMD, there are several options available. Serious long-term effects can result if children are not diagnosed early, especially when they have open mouth resting posture.

An OMD treatment is often more effective when starting at a young age. A Speech-Language Pathologist (SLP) can diagnose OMD when it occurs. The SLP will look at the way the lips, cheeks, teeth, jaws and tongue move while also examining the mouth's structures as whole. For more complex examinations, the SLP will make recommendations to see other specialists. These healthcare professionals can be:

- Airway Focused Dentists and Orthodontists
- Body Workers (i.e. Craniofacial Therapists, Craniosacral Therapists or Chiropractors)
- Ear, Nose and Throat Doctors (ENTs)
- Allergists and Pulmonologists

Stress, Anxiety, Behavior & Attention

Yep! You guessed it! Mouth breathing and other symptoms of OMD can cause adults and children to experience stress, anxiety, behavioral and attention difficulties, regulation issues and more. Patent nasal breathing is key to a healthy body and mind. Some red flags for sleep disordered breathing include:

- Dark circles under the eyes
- Daytime sleepiness
- Impulsive behaviors
- Difficulty regulating state
- Intense feelings of fear or anxiousness
- Waking during the night
- Difficulty falling asleep and staying asleep
- Nighttime accidents or waking to urinate
- Difficulty with attention and focus to complete a task
- Difficulties in school relating to attention and participation



The Importance of Nasal Breathing

Many people are unaware of how their breathing pattern can profoundly affect their health. A disordered breathing pattern, in combination with the tendency to mouth-breathe, creates the conditions for asthma and allergies. Learning to control the breath alleviates symptoms.

Habitual mouth breathing can create increased risk of dental decay, gum disease and dental occlusion issues.

Good facial growth and development is achieved when children grow up nose breathing full time. As well, nasal breathing while awake and asleep is crucial to proper tooth alignment and development of the sinuses. Nasal breathing becomes easier when breathing volume is normalized.

OMT success can only be achieved when nose-breathing is established. For those who have an insufficient nasal airway, breathing techniques give the tools to unblock airways in most clients.

In speech and language pathology, breathing is the sustaining force for optimal oral communication and function.



Tethered Oral Tissues (TOTs)

The lifelong consequences of Tethered Oral Tissues (TOTs) are becoming much more widely known today. TOTs can include ties of the tongue, lip, and buccal tissues. This is when the frenulums are short and/or thick and limit movement of the tongue, lips, or cheeks.

A baby's tongue should MOVE a lot! A lack of functional movement patterns, such as extension, elevation, lateralization and cupping interferes with oral function.

A baby's face and lips need to have optimal muscle tone and active movement in order to optimize craniofacial growth and development as well as manage saliva and other developmental activities.

A baby's cheeks and jaw are also negatively impacted when the tongue's function is reduced. Many babies have open mouth posture, weak jaw movements and inadequate range of motion and ineffective feeding secondary to TOTs.

People of all ages may experience the negative impact of TOTs. Early diagnosis and treatment of TOTs is key!