

What is Oral Myofunctional Therapy?

Myofunctional therapy corrects improper function of the tongue and facial muscles used at rest, for chewing and swallowing.

Oral Myofunctional Therapy Works!

Myofunctional Therapy addresses and corrects the cause of the problem which enables long lasting change.

Did You Know?

You swallow more than 500 times per day. If you use incorrect tongue patterns, your tongue can push your teeth out of alignment.

Team Approach

We work closely with your dentist, orthodontist and any medical doctors to ensure that all potential interfering factors are thoroughly addressed. This will ensure the fastest progress possible.

Oral Myofunctional Therapy

Greater than 50% of the population uses an incorrect swallow pattern.

Some credit this incidence to increased use of bottles, pacifiers, sippy cups and the influence of processed foods on oral motor development. Asthma, allergies and reflux can impact breathing and in turn negatively affect oral motor development, tongue rest positions and swallowing patterns.



chewing and the breakdown of food for swallowing and digestion.

Periodontal Disease: Mouth breathers are at risk for periodontal disease and cavities.

Better Smile: Better Speech: Correcting tongue patterns will not only make a better smile, it can reduce speech sound errors.

Healthy Eating: Correct chewing and swallowing patterns can increase the ability and the desire to eat healthy “whole” foods.

Picky Eating: Incorrect chewing and swallowing patterns increase the risk of picky eating, food selectivity, texture aversions and choking.

GI: Incorrect chewing and swallowing can cause air swallowing or swallowing foods incompletely chewed which can cause stomach aches, bloating, reflux and reduced appetite.

Risk Factors:

If you have any of the following you may benefit from Myofunctional Therapy.

- Mouth breathing
- Tongue thrust swallowing
- Oral habits: Finger, thumb sucking
- Airway Issues: Enlarged tonsils and adenoids, allergies, intolerances
- Sleep problems
- Teeth grinding or clenching
- Tongue tie (ankyloglossia)
- Misaligned teeth, overjet, open bite
- Orthodontic regression
- Swallowing/feeding disorders– picky eating
- Speech articulation (sound) errors
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Oral Myofunctional Therapy can make transformational shifts in health.

Aids digestion: Correct tongue patterns stimulate appropriate saliva production to assist with

Contact Carolina Pediatric Dysphagia to obtain more information or to make an appointment

3714 Benson Drive, Raleigh, NC 27609 (919-877-9800)

www.feeding.com