



Fortitude Valley Qld
Telehealth



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Orofacial Myofunctional Therapy Referral Checklist



- ✓ mouth breathing
- ✓ lips apart at rest
- ✓ venous pooling
- ✓ allergic shiners
- ✓ long face



- ✓ retruded, small jaws
- ✓ chewing/swallowing issues (oral phase)
- ✓ avoids chewing hard/chewy foods
- ✓ movement of head/neck when swallowing
- ✓ messy, slow, noisy eater
- ✓ jaw pain/clicking, asymmetry
- ✓ hypernasal speech



- ✓ poor oral awareness
- ✓ tongue placement issues
- ✓ tongue thrust during speech, swallow and at rest



Crossbite of Front Teeth
Top teeth are behind bottom teeth



Crossbite of Back Teeth
Top teeth are to the inside of bottom teeth



Crowding

- ✓ crooked teeth
- ✓ overjet
- ✓ underbite
- ✓ open bite



Open Bite
Front teeth do not meet when back teeth are closed



Protrusion



Deep Bite



Underbite



Spacing



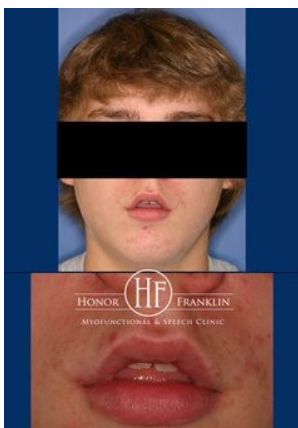
Oral Habits



- ✓ lip trapping
- ✓ digit sucking
- ✓ nail biting,



- ✓ tongue tie
- ✓ notch on tongue tip
- ✓ limited elevation/retraction
- ✓ tight lingual fraenum



- ✓ overactive, underactive orofacial muscles
- ✓ straining to keep lips together
- ✓ excessive movement of facial muscles during swallowing
- ✓ large rounded cheeks



Sleep issues continued overleaf...



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Sleep disordered breathing

Sleep apnoea may be difficult to diagnose, thus is it important to look for the following symptoms:

- S** noring—more often than not, noisy, loud breathing
- L** aboured breathing during sleep
- E** xcessive Sweatiness AND/OR Restlessness during sleep
- E** xcessive day time Sleepiness AND/OR morning Tiredness/Headaches
- P** auses in breathing AND/OR “Choking”/Gaspings/Snorting during sleep
- A** wakening due to bad dreams (“parasomnias”) AND/OR sleep walking
- P** ositions (sleeping in unusual positions; eg extended neck, sitting up)
- N** asal obstruction and mouth breathing
- O** verweight or Underweight
- E** nuresis (bedwetting)
- A** ttention/learning/behavioural problems

+ teeth grinding