

WHO WE HELP

People with any of the following:

- Sleep disordered breathing (including snoring and sleep apnoea)
- Mouth breathing, open mouth posture
- Thumb/dummy sucking, nail biting, lip sucking, lip trapping
- Tongue thrust, low tongue rest posture
- Incorrect chewing/swallowing patterns
- Pre/post tongue tie surgery
- Asymmetry of facial appearance and movement
- Orofacial and jaw pain/TMD

OUR TEAM

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Fortitude Valley | Telehealth



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TONE

**OROFACIAL
MYOFUNCTIONAL
THERAPY**

Fortitude Valley | Telehealth



COMMON CAUSES OF OROFACIAL MYOFUNCTIONAL DISORDERS

Airway problems - enlarged adenoids, tonsils and turbinates; allergies; narrow/high palate; underdeveloped jaws

Nutrition and lifestyle - increased stress; hurried lifestyle - altered mealtime practises; sedentary lifestyle; poor posture

Developmental influence - tongue or lip tie; cleft palate; low muscle tone

Feeding practices - bottle feeding; soft food diet; sippy cups

Habits - thumb/finger sucking; lip licking; lip trapping; dummy use

Injury - burns; trauma; stroke; facial paralysis

The logo for 'Smile TONE' features the word 'Smile' in a large, orange, cursive font. Below it, the word 'TONE' is written in a smaller, purple, sans-serif font with wide letter spacing.

WHAT IS OROFACIAL MYOFUNCTIONAL THERAPY?

Orofacial myofunctional therapy (OMT) is for people 3+ years of age and is designed to help the correct function of the lips, cheeks, tongue, jaw, throat and facial muscles during swallowing, chewing and also at rest.

OMT uses **specific exercises** and reminder techniques to help your orofacial muscles **feel, work and look better!**

GOALS OF OMT

1. Nasal breathing
2. Removal of oral habits
3. Lip seal
4. Elevated tongue position
5. Correct swallowing and chewing patterns
6. Upper airway support
7. Healthy lifelong habits - using the right muscles for the right job

UNTREATED OROFACIAL MYOFUNCTIONAL DISORDERS MAY LEAD TO

Crooked teeth/small sized jaws, open bites, cross bites, over jet, crowding

Abnormal eruption of teeth and **altered jaw shape and sizes**

Abnormal tone and movement of facial muscles

Prolonged meal times and preference for soft diet

Fussy or messy eating, belching

Tummy pains, poor digestion/gut health

Poor general posture

Altered speech sounds

Asymmetry facial appearance and movement

Poor sleep - obstructive sleep apnoea, snoring, upper airway resistance syndrome, mouth breathing

Teeth **grinding, clenching**, head and jaw pain

Behavioural changes - **ADHD** (poor sleep)

Oral habits - **chewing shirt collars**, nail biting etc