

RECOGNISING OROFACIAL DYSFUNCTION

Breathing and sleeping

- mouth breathing day/night
- chest vs diaphragm breathing
- audible breathing, snoring
- gasping or holding breath
- bruxing or clenching (teeth grinding)
- tooth wear (attrition, erosion, abfraction)
- tiredness, sleepiness
- venous pooling, allergies
- nightmares, night terrors
- sleep talking/walking
- bedwetting or frequent urination
- excessive sweating, restless
- behavioural concerns
- head cricked back
- waking often
- dribbling, drooling

Chewing and swallowing

- noisy, messy
- gags, choking
- open lips
- slow, fast, shovelling
- munching, chomping
- fussy, picky eater
- belching after meals
- avoids or struggles with chewy foods
- head nodding on swallowing
- tongue thrust swallow
- inefficient, insufficient chewing
- jaw pain, clicking
- using finger to clear remaining food

At rest

- dribbling
- open mouth, mouth breathing
- clenching teeth, bracing jaw
- orofacial tension
- low tongue posture
- poor oral awareness
- lip trapping
- oral habits - thumb sucking, finger sucking, excessive chewing

Face and jaw

- venous pooling
- flattened cheeks
- retruded chin
- limited jaw range of motion
- clicking jaw
- jaw pain
- facial asymmetry
- dimpling of muscles at rest (chin and cheeks)
- floppy cheeks or lips
- long face - excessive vertical growth

Intra Oral

- overjet, overbite, teeth crowding
- narrow or high palate/dental arch
- tight/short lingual or lip frenulum
- long uvula
- lingual tori
- scalloped tongue
- limited tongue range of motion
- tight floor of mouth
- enlarged tonsils
- small oropharyngeal space