

The Importance of Orofacial Muscles...

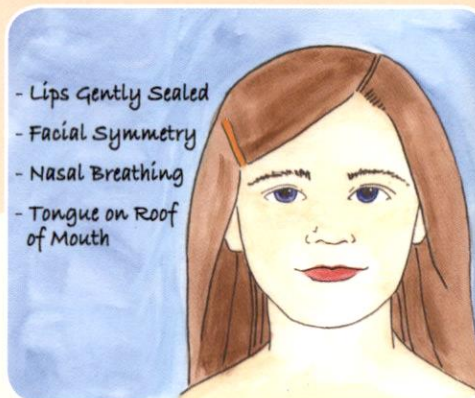
The muscles of the mouth and face are unique and incredibly important. They are essential to life-sustaining tasks such as eating and breathing, and they allow us to communicate and express emotion. These muscles also play a role in the growth and development of our dental and airway health. In fact, the position of these muscles when functioning and also resting can determine whether or not we have straight, healthy teeth and large, healthy sinuses.

Understanding Oral Rest Posture

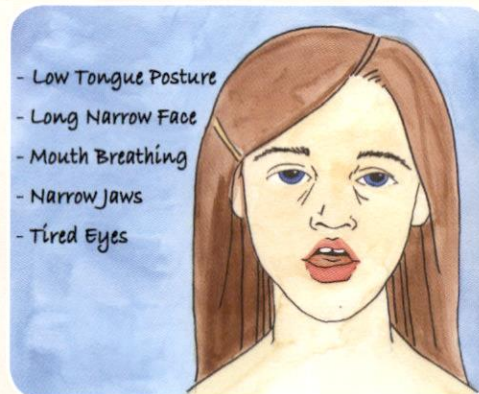
It may be surprising to learn that one of the most important factors in good muscle FUNCTION is actually the position in which our oral and facial muscles REST when not in use. This is known as ORAL REST POSTURE, and it is the primary focus of Orofacial Myofunctional Therapy.

When our Oral Rest Posture is correct, there is harmony and equilibrium between our muscles and our bones. A child with good Oral Rest Posture and good muscle function will be more likely to develop larger jaws that are able to accommodate the adult teeth without crowding. When the jaws develop properly, the sinus cavity grows to an appropriate size, leading to healthier breathing. When the tongue, lips and jaws are positioned correctly, it leads the way to better, clearer speech, and prevents relapse of orthodontic treatment.

Correct Oral Rest Posture Includes:



Incorrect Oral Rest Posture May Include:



Orofacial Myofunctional Therapy is provided by a Certified Orofacial Myologist™

Who can provide this type of therapy?

Certified Orofacial Myologists (COM™) are Dentists, Dental Hygienists or Speech and Language Pathologists who have received specialized postgraduate training in providing therapy for Oral Rest Posture issues, and who are trained in assessing function of the muscles of the face and mouth. A Certified Orofacial Myologist has also undergone accreditation by the International Association of Orofacial Myology.

To find a therapist in your area, please visit www.oroacialmyologist.org.



Incorrect Oral Rest Posture vs. Correct Oral Rest Posture after 6 months of Orofacial Myofunctional Therapy

WHAT BENEFITS DOES OROFACIAL MYOFUNCTIONAL THERAPY PROVIDE?

Since each case is unique, Certified Orofacial Myologists provide customized treatment for each patient. Your therapist will use neuromuscular exercises to retrain the lips, tongue and facial muscles, teaching them to rest in the proper place, as well as encourage children to *break noxious oral habits like thumb sucking and nail biting.*

Correcting Oral Rest Posture and function can improve:

- Facial appearance
- Dental occlusion
- Speech/Articulation
- Tongue thrust swallow
- Breathing patterns

Both facial appearance and occlusion improve when Oral Rest Posture is corrected



OROFACIAL MYOFUNCTIONAL THERAPY



Understanding how orofacial muscles influence teeth, speech and breathing

To order additional copies of this brochure visit:
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