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***"Enjoy eating, speaking,
breathing, and sleeping
again!"***

If you or someone you know
suffers from any of the following,
an Orofacial Myofunctional
Therapist may help:

- Neck, jaw, or facial pain
- Orthodontic relapse
- Speech problems
- Mild to moderate sleep apnea
- Mouth breathing
- Snoring or chronic congestion
- Bell's Palsy
- Poor lip posture
- Frequent choking, gagging or trouble swallowing
- Tongue thrusting
- Chronic allergies
- Frequent headaches
- TMJ problems
- Bloating due to air swallowing
- Food texture sensitivities
- Developmental delays, such as low muscle tone
- Nail/lip biting or other oral habits
- Thumb/pacifier sucking or prolonged bottle feeding

***In-home visits or
online session options***



[Sample Image]

[Name, Credentials, Title]

[Bio Section]

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www.mouththerapycenterofca.com

Proud member of the



**Mouth Therapy Center
of California**

**Specializing in
Orofacial
Myofunctional
Disorders**



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**Treatment for muscle patterns & habits
that cause:**

**Myofacial Pain
TMJ Dysfunction
Airway Disorders
Sleep Disorders
Orthodontic Relapse
Chewing or Swallowing Difficulty**

AN INTERDISCIPLINARY APPROACH TO COMPLETE PATIENT CARE

OROFACIAL MYOFUNCTIONAL THERAPISTS (OMTs)

OMTs are healthcare providers who specialize in re-patterning of the muscles involving the head, neck, and face. They provide assessments and muscle treatments to assist in correcting resting tongue & open lip postures, improper chewing or swallowing habits, and airway disorders. OMTs work closely with a variety of healthcare professionals in order to provide a well-rounded approach for optimal patient care.

OMTs & ORTHODONTISTS

OMTs work in conjunction with orthodontists prior to, during, or after orthodontic procedures particularly with those patients who present with poor chewing or tongue thrusting habits. These problems often create obstacles for successful orthodontic treatments and may cause prolonged or repeated orthodontic treatments.

OMTs & ORAL SURGEONS/PERIODONTISTS/DENTISTS

OMTs consult with oral surgeons, periodontists, and dentists who may perform dental or surgical procedures such as frenectomies, or removal of excess tissue causing a lip tie or tongue tie. Facial or oral health problems involving the lips, tongue or jaw can cause difficulty with breathing, chewing and swallowing, which can ultimately lead to greater health complications.

OMTs & DENTAL HYGIENISTS

OMTs partner with dental hygienists in providing strategies for patient oral hygiene care. Improved oral habits can create an optimal environment for myofunctional therapy success and improve overall health in patients.

OMTs & SPEECH PATHOLOGISTS

When patients demonstrate speech, language, and swallowing difficulties, OM Therapy will often coincide with a treatment plan from a speech pathologist or speech therapist. The combined efforts of these two types of therapies can improve oral-motor function significantly.

OMTs & ENTs/ALLERGISTS/SLEEP DISORDER SPECIALISTS

OMTs know that an open airway is everything. Patients with chronic airway or sinus issues can not only suffer from other severe health problems, but these conditions create an obstacle for successful OMT treatment. Ear nose & throat specialists, allergists, or sleep specialists often treat patients who present with chronic mouth-breathing issues. These patients may have poor resting tongue or lip posture, or poor orofacial muscle development. Simultaneously correcting these conditions can create a profound improvement in a patient's overall quality of life.

OMT PROGRAMS OFFERED:

- **Habit Myo** – for eliminating noxious oral habits like lip chewing or nail biting
- **Mini-Myo** - for the very young patient with OMDs
- **Basic Myo** - for adults and children with OMDs
- **Special Myo** – for special needs patients with OMDs



CARING, PROFESSIONAL, & CONVENIENT

In-home Visits

Flexible Hours

Payment Options

Online Sessions Available