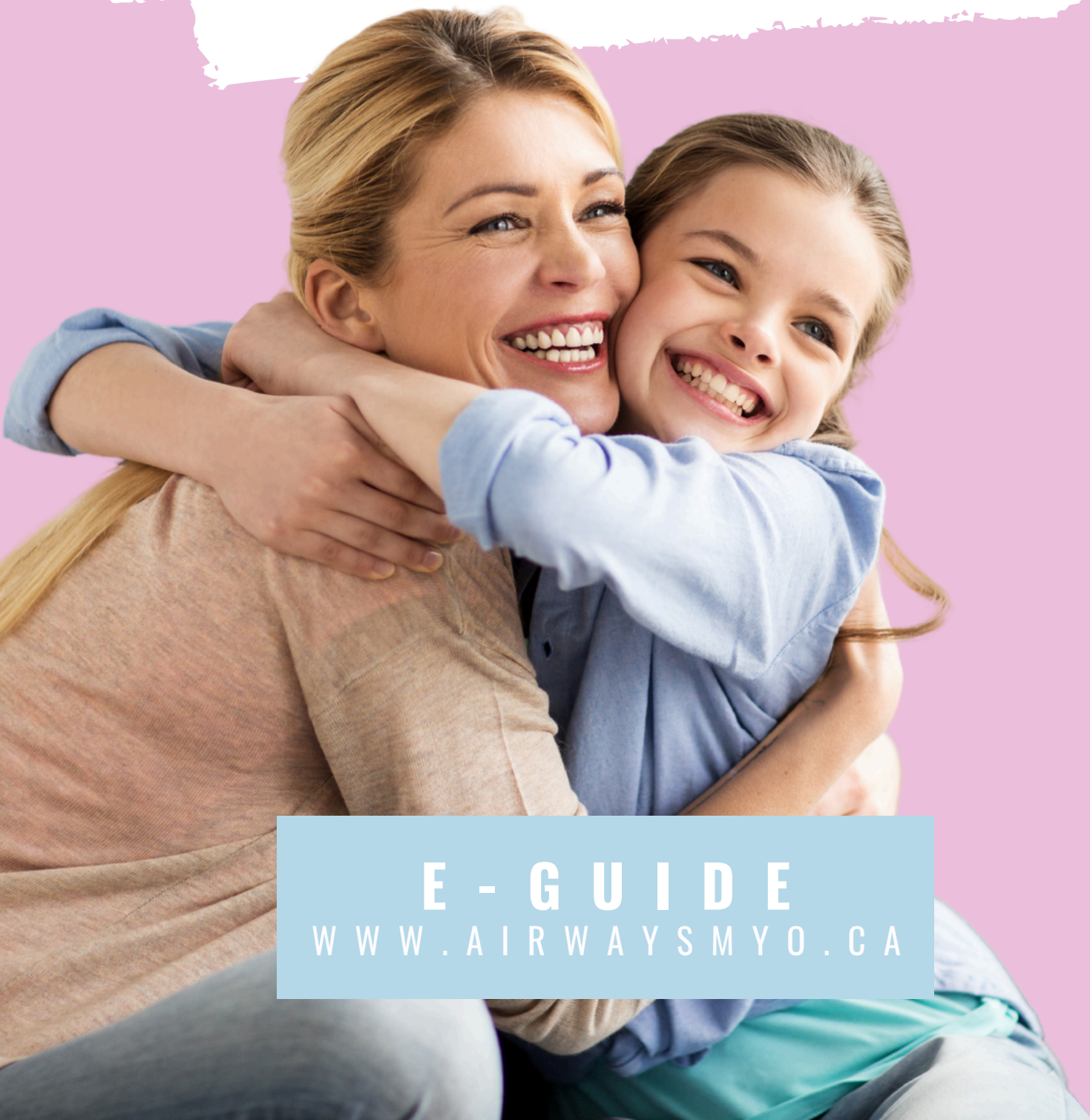


UNLOCK YOUR AIRWAY

Myofunctional Therapy Tips for
Kids & Adults (4+)




E - G U I D E

WWW.AIRWAYSMYO.CA

ABOUT *us*

Hey there! We're Michelle & Chantal - myofunctional therapists, registered dental hygienists, and dedicated moms, we're excited to be your companions on this journey. Our personal and professional experiences have equipped us with invaluable insights into promoting craniofacial health and fostering optimal airway development in young children. Join us in our e-guide, where we'll share practical tips, evidence-based techniques, and heartfelt advice to empower you in nurturing your child's growth during the crucial years from infancy to preschool.

Check out our
PROGRAMS! 

@airways.myo 


(705) 302-1136 



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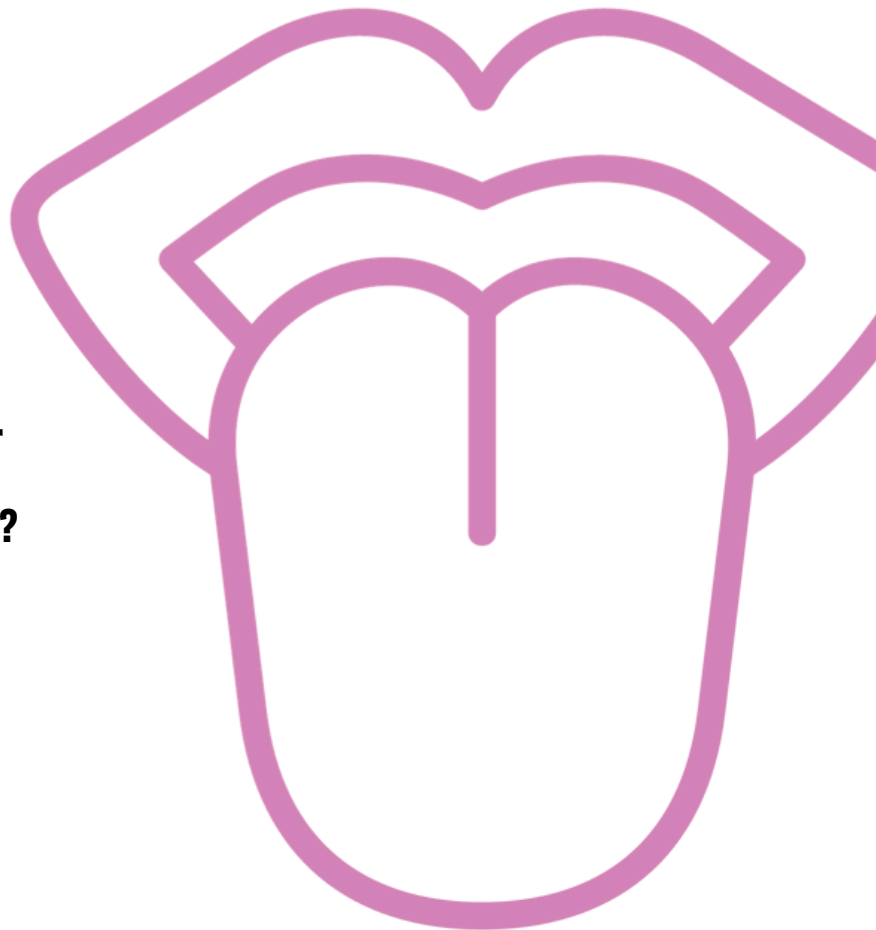
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Thank You!



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Hey!

WE'RE HERE FOR YOU!

We're so glad you're here! Taking care of your health can feel overwhelming, and airway health is one of those essential things that's often overlooked. If you're here, you may already know a bit about myofunctional therapy and its benefits, but you might still have questions about where to begin. This guide is designed to dive deep into the basics, empowering you with practical steps to improve your breathing, sleep quality, and overall wellness. Let's get started on your journey to a healthier airway!





WHAT IS AN OROFACIAL MYOFUNCTIONAL DISORDER?

Orofacial myofunctional disorders (OMDs) are conditions that affect the muscles and functions of the face and mouth. These disorders involve abnormal patterns of muscle movement or coordination in the lips, tongue, jaw, and throat.

Some common symptoms and characteristics of orofacial myofunctional disorders include:

1. Tongue thrusting
2. Incorrect swallowing patterns
3. Mouth breathing
4. Speech difficulties
5. Poor oral posture
6. Sleep disordered breathing
7. Enlarged tonsils & adenoids
8. Crooked & crowded teeth
9. High vaulted palate
10. Body tension



These disorders can lead to various issues such as dental problems, speech difficulties, facial muscle imbalances, and even skeletal changes over time

What is Myo?

WHAT IS MYOFUNCTIONAL THERAPY?

Think of it like a workout routine, but for your mouth and face muscles! It's all about training those muscles to work together properly, just like you'd train your muscles at the gym.

You see, our mouth and face muscles play a big role in how we breathe, swallow, and even speak. Sometimes, though, these muscles might not be doing their job quite right. Maybe we're breathing through our mouths instead of our noses, or perhaps our tongue doesn't quite rest where it should.

That's where myofunctional therapy comes in. It's like a coach for your mouth muscles, helping them get into tip-top shape. With exercises and techniques tailored to your needs, myofunctional therapy can help improve things like breathing, swallowing, and even the alignment of your teeth and jaw.

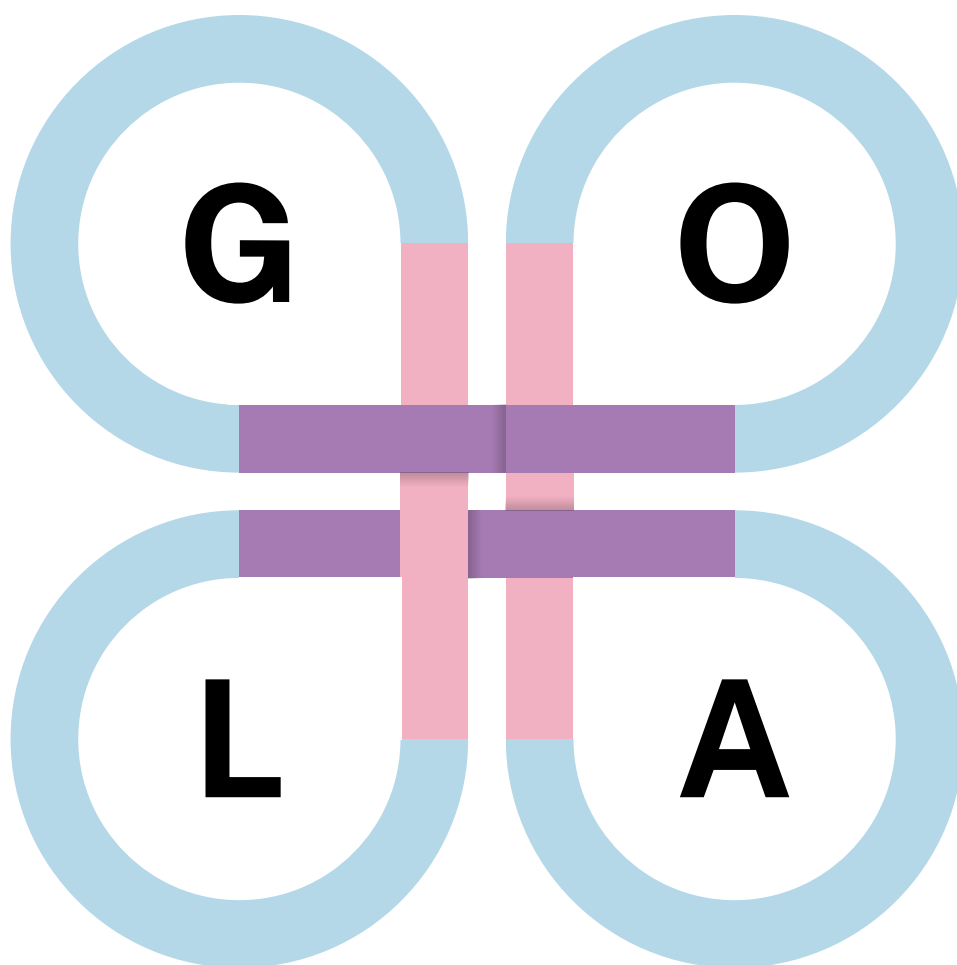
SEE OUR PROGRAMS! 



4 Goals of Myofunctional Therapy

1. Lip Seal

2. Correct tongue resting position



4. Nasal Breathing

3. Correct Swallow Pattern

#1

NASAL BREATHING

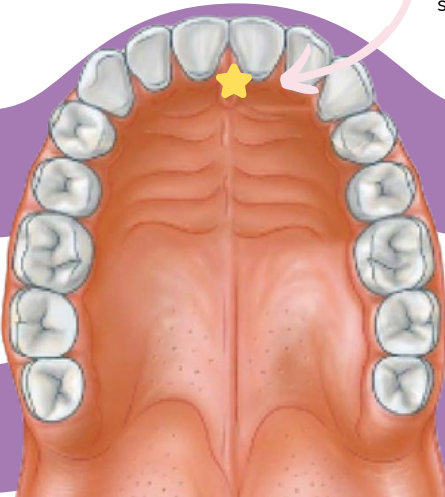
Encouraging nasal breathing is essential at any age, as it supports overall health and well-being. Here's why focusing on nasal breathing can make a difference:

1. Supports Optimal Health: Nasal breathing is the body's natural and most efficient way to breathe, aiding in the proper function of the respiratory system. By filtering, warming, and humidifying the air, nasal passages help protect the lungs and reduce the risk of respiratory issues.

2. Enhances Sleep Quality: Nasal breathing promotes more restful and restorative sleep. Breathing through the nose helps maintain balanced oxygen and carbon dioxide levels, contributing to deeper sleep and reducing issues like snoring, sleep apnea, and frequent awakenings that can result from mouth breathing. Prioritizing nasal breathing can be a simple yet powerful step for long-term health and improved quality of life.

The Myo Spot!

The tip of your tongue should rest here! *



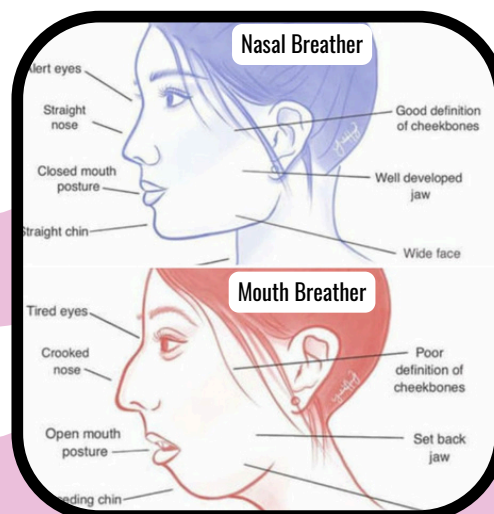
3. **Promotes Dental and Facial Health:** Nasal breathing plays a key role in supporting proper dental and facial alignment. Breathing through the nose helps position the tongue correctly against the roof of the mouth, encouraging natural alignment of the teeth and jaws. Mouth breathing, however, can lead to dental issues like crowding and misalignment, as well as changes in facial structure over time.

4. **Keeps Airways Healthy:** Nasal breathing is essential for maintaining clear and healthy airways. It stimulates the production of nitric oxide, a molecule with antibacterial properties that also supports blood flow and immune function. Breathing through the nose helps filter out allergens and pathogens, reducing the risk of respiratory infections and supporting overall airway health.

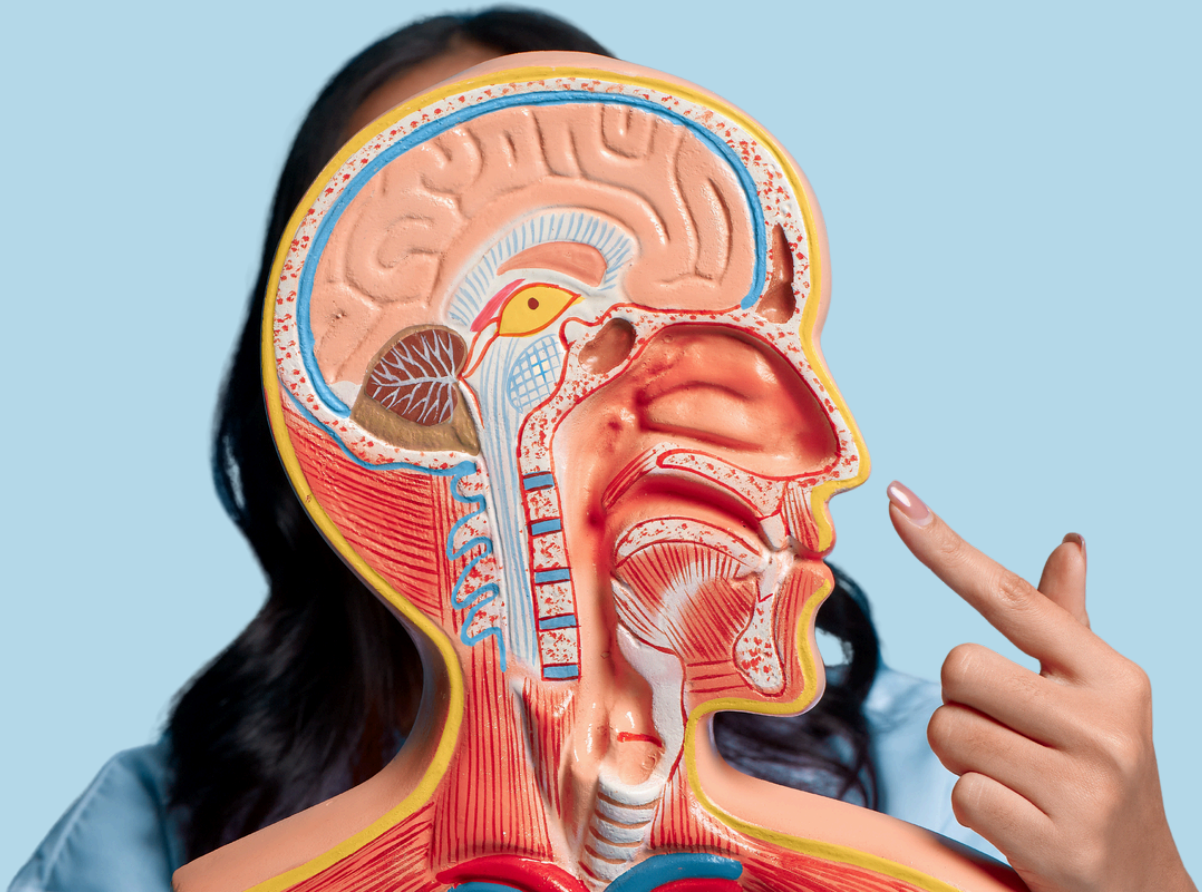
5. **Supports Clear Speech and Communication:** Nasal breathing helps optimize airflow, which is essential for clear and controlled speech. Proper nasal breathing also aids in positioning the tongue and lips effectively, making it easier to articulate sounds clearly.

6. **Boosts Relaxation and Focus:** Nasal breathing is closely linked to relaxation and stress reduction. Focusing on breathing through the nose can encourage a calm state of mind, supporting mindfulness, self-regulation, and an overall sense of well-being.

7. **Helps Avoid Unhealthy Habits:** Practicing nasal breathing can reduce the likelihood of developing chronic mouth breathing, a habit that can have long-term effects on health. By encouraging nasal breathing, you can establish a healthier breathing pattern that supports lasting wellness.



Nasal Breathing CHECK *list*



Daily nasal hygiene



Remove known allergens



Support immune system



Investigate physical obstructions



Get assessed for oral ties



Nasal breathing activities

#2

ORAL HABITS

Oral habits like thumb sucking, finger sucking, and prolonged use of bottles and pacifiers as a child can have a **significant impact** on oral development, particularly in young children. These habits can lead to **tongue weakness** and a **low lying tongue position**, where the tongue rests against the bottom of the mouth instead of the roof. As a result, proper tongue posture, essential for speech development, swallowing, and maintaining an open airway, is compromised. Persistent thumb or finger sucking can also alter the **alignment of the teeth** and the shape of the palate, potentially leading to dental issues such as malocclusion and improper jaw development. Early intervention to discourage these habits and promote healthy oral behaviors is essential to prevent long-term consequences and ensure optimal oral function in children.

Need help? Our [habit breaking guide](#)  can help!



#3

SLEEP DISORDERED BREATHING

Sleep-disordered breathing (SDB) refers to a range of nighttime breathing issues, including **snoring, mouth breathing, and sleep apnea**, which can significantly impact overall health and well-being. SDB often disrupts sleep quality, leading to daytime drowsiness, irritability, and concentration difficulties, which can affect cognitive performance and productivity. Additionally, poor sleep due to SDB can interfere with hormonal balance and physical recovery, essential for maintaining health. If left untreated, SDB can also contribute to mood and focus issues, making daily life more challenging. Recognizing and addressing SDB is essential for achieving restorative sleep, supporting cognitive function, and enhancing overall quality of life.





”

RESEARCH PUBLISHED IN THE JOURNAL SLEEP MEDICINE REVIEWS HIGHLIGHTS THAT MAINTAINING PROPER ORAL REST POSTURE, CHARACTERIZED BY THE TONGUE RESTING AGAINST THE ROOF OF THE MOUTH AND LIPS CLOSED, ALONG WITH NASAL BREATHING, CAN HELP MITIGATE THE SEVERITY OF OBSTRUCTIVE SLEEP APNEA

Guilleminault C



WHAT TO WATCH FOR:

1. Loud or frequent snoring
2. Pauses in breathing during sleep
3. Gasping or choking sounds during sleep
4. Mouth breathing during sleep
5. Restless sleep or frequent awakenings
6. Difficulty falling asleep or staying asleep
7. Daytime drowsiness or fatigue
8. Difficulty concentrating or behavioral problems
9. Headaches upon waking
10. Bedwetting (enuresis)
11. Night sweats
12. Irritability or mood swings
13. Difficulty waking up in the morning
14. Breathing through the mouth during the day
15. Failure to thrive or poor growth
16. Attention deficit hyperactivity disorder (ADHD) symptoms may worsen
17. Enlarged tonsils or adenoids

THESE SYMPTOMS, ESPECIALLY WHEN OBSERVED TOGETHER, MAY SUGGEST THE PRESENCE OF SLEEP-DISORDERED BREATHING IN CHILDREN AND SHOULD PROMPT FURTHER EVALUATION BY A HEALTHCARE PROFESSIONAL.

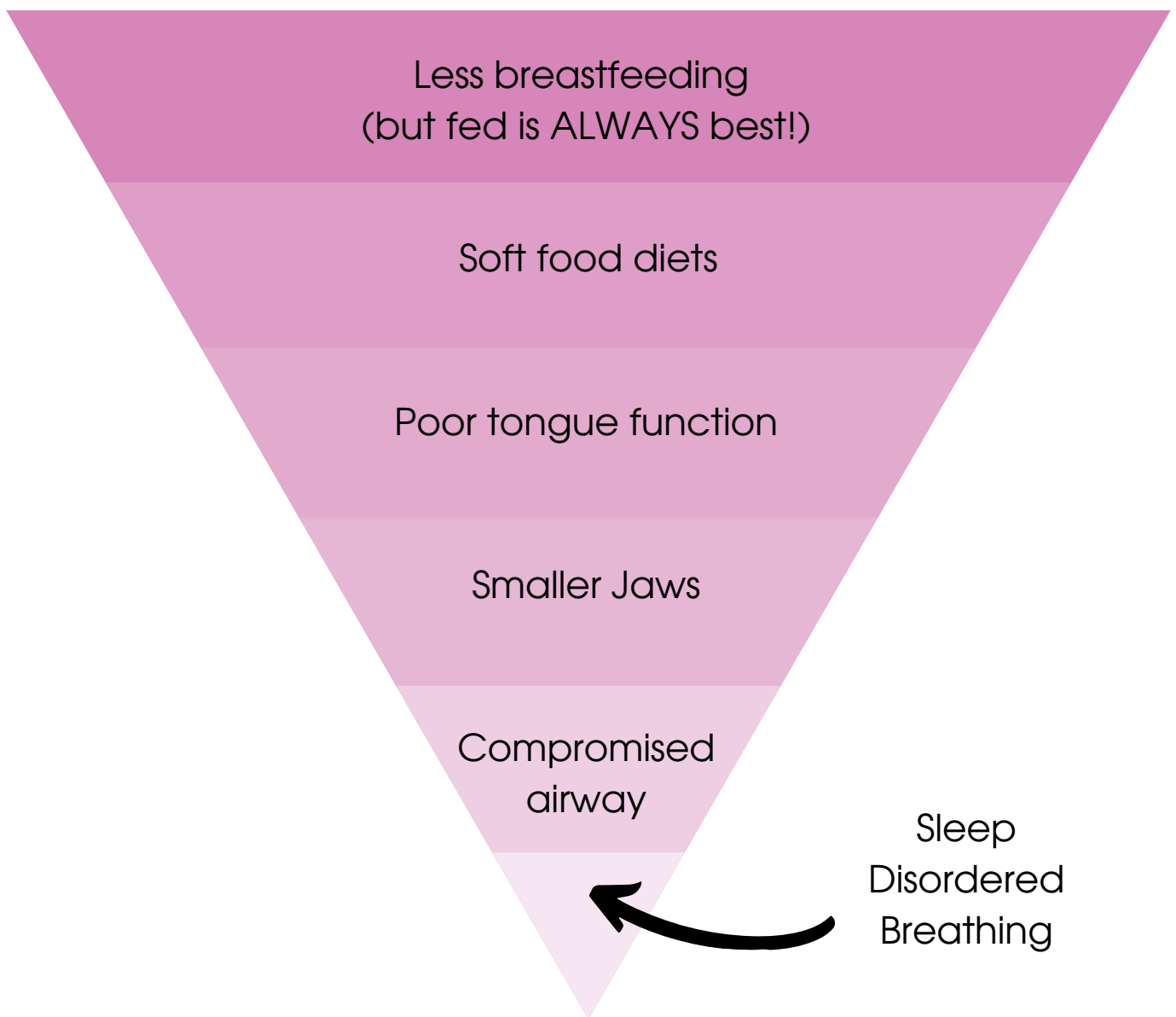
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Current literature demonstrates that myofunctional therapy decreases apnea-hypopnea index by approximately 50% in adults and 62% in children.

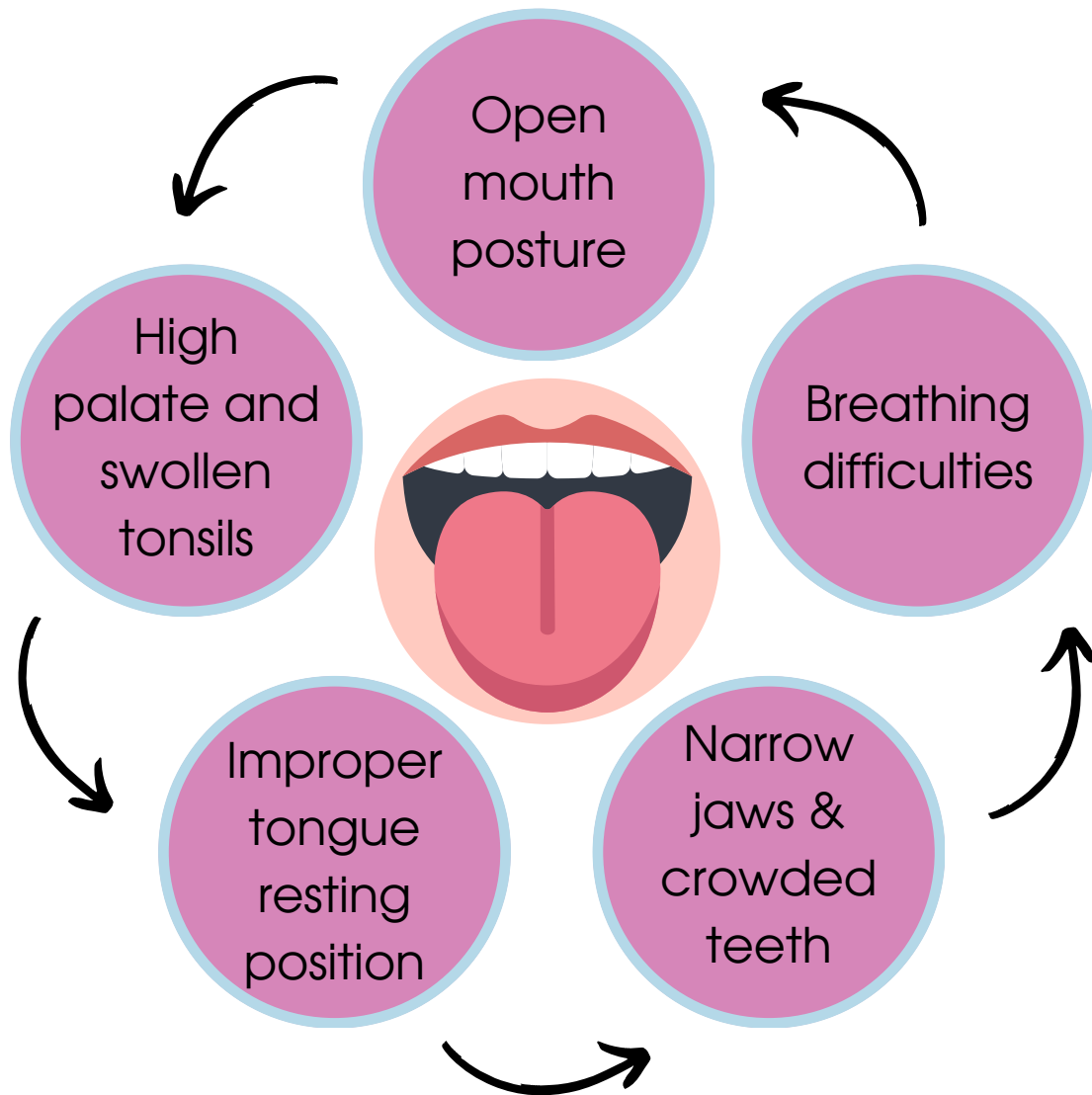
Macaris Camacho, MD

CAUSES

Pyramid Chart



CIRCLE *chart*



OMD's can be a vicious cycle...but we can break the cycle!



CAN MYO HELP ME AS AN ADULT?

Managing Expectations for Treatment at Different Ages

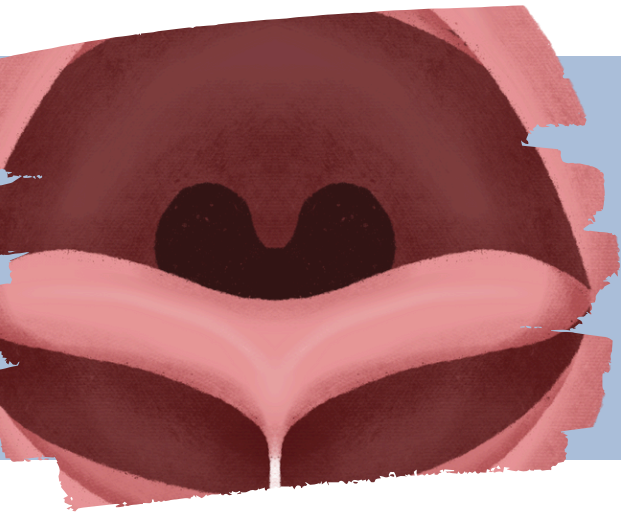
Ages 0-4: Treatment focuses on prevention. Early guidance can help establish healthy breathing and swallowing patterns that set a foundation for long-term wellness.

Ages 4-8: At this stage, we can correct function, and because it's before the primary growth window closes, functional corrections can often lead to physical changes in facial structure and airway space.

Ages 8-Teen: If there's significant narrowing in the palate, collaboration with an orthodontist may be necessary to create space. This combined approach allows for both structural and functional improvements.

Adulthood: Myofunctional therapy alone isn't expected to create physical changes. However, it can be highly effective in reducing symptoms related to sleep-disordered breathing, apnea, and relieving tension in the back, neck, and jaw—significantly improving quality of life.

Tongue Tie (Post-Age 4): If a tongue tie is discovered at any stage after age 4, myofunctional therapy is essential in collaboration with a release provider. This combined approach ensures that the tie is properly released, allowing for an increased range of motion and effective functional outcomes.



LET'S BREAK IT DOWN: TONGUE TIES

Tongue ties occur when the tissue connecting the tongue to the floor of the mouth is overly **tight or short**, limiting the tongue's range of motion.

In adults, this condition can interfere with essential functions like swallowing, breathing, and even speaking, sometimes contributing to issues like **jaw tension**, neck pain, and **poor sleep**. Tongue ties may also impact oral health by restricting the tongue's ability to clear food particles effectively, potentially increasing the risk of tooth **decay and gum disease**.

If a tongue tie is identified, proper treatment requires specialized expertise. Family doctors or general dentists **may not be fully equipped** to evaluate or treat this condition, so it's crucial to consult with a **trained provider** experienced in frenectomy procedures. Working with a myofunctional therapist alongside a release provider can ensure that the tie is effectively released and that post-release therapy maximizes range of motion and functional improvements.

READY TO *level up!*

YOU'VE GOT OPTIONS!



Programs available for all ages!

18 months to 99+



Not sure
where to
start?

**Screening
Quiz**

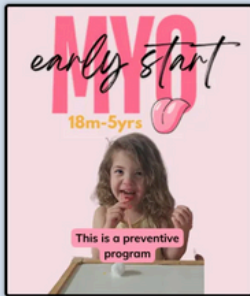


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MYO PROGRAMS

For Everyone

Start Here



Myo Early Start Program
(18m-5 years)



MYO THRIVE online



COMPREHENSIVE INITIAL EVALUATION
In-Person or Fully Virtual Worldwide



MINI-MYO THERAPY
AGES 4-5



MYOFUNCTIONAL THERAPY
AGES 6+



How it Works

ALL PROGRAMS INCLUDE A MYO KIT, APPLIANCE, AND ACCESS TO OUR APP

01.

Virtual or in-person comprehensive initial evaluation



02.

Customized therapy plan delivered to you via virtual appointment every 2 weeks



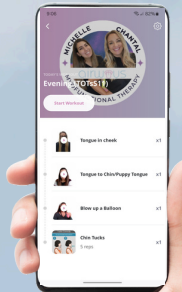
03.

Easy to follow treatment and tracking with Everfit®



04.

Get results!



[Click here to explore services & pricing!](#)



BOOK NOW



Sample

MYOFUNCTIONAL THERAPY SESSION #1



PAPERCLIP HOLD

20 MIN

1. OPEN MOUTH AND PLACE PAPER CLIP BETWEEN LIPS VERTICALLY
2. GENTLY CLOSE LIPS, HOLDING THE PAPER CLIP IN PLACE. MAKE SURE THAT YOU ARE NOT USING YOUR TEETH TO HELP YOU HOLD THE PAPER CLIP.
3. HOLD
4. DO THIS 1X/DAY

 2 WEEKS



TONGUE CLICKS

1 MIN

1. SUCTION YOUR TONGUE TO THE ROOF OF YOUR MOUTH
2. OPEN MOUTH
3. "CLICK" DOWN
4. DO THIS FOR 1 MINUTE, 2X/DAY

 2 WEEKS



TONGUE SPOT BRUSHING

5X

1. BRUSH THE TIP OF YOUR TONGUE 5X
2. BRUSH THE LITTLE PAD OF TISSUE BEHIND YOUR FRONT TEETH (CALLED "THE SPOT") 5X
3. CONNECT THE TIP OF YOUR TONGUE WITH "THE SPOT"
4. HOLD FOR 5 SECONDS DO THIS 5X, 2X/DAY

 2 WEEKS



CHEEK PUFFS

2 MIN

1. KEEP LIPS TOGETHER
2. PUFF AIR INTO RIGHT CHEEK- HOLD 5 SECONDS
3. PUFF AIR INTO LEFT CHEEK- HOLD 5 SECONDS
4. PUFF AIR INTO UPPER LIP- HOLD 5 SECONDS
5. PUFF AIR INTO LOWER LIP- HOLD 5 SECONDS
6. DO THIS FOR 2 MINUTES, 2X/DAY

 2 WEEKS



Thank You!



Don't forget to

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