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BREATHWORKS™

*Talk, Eat, Sleep, & Breathe Better.
Feel Better.*

Peek inside to learn about
why so many people benefit
from our unique
interdisciplinary, holistic
Oromyofunctional Therapy!

MEDICAL INSURANCE ACCEPTED

www.breatheworks.com



FACTORS THAT INFLUENCE

Orofacial Development

1

Breathing

2

Oral
Habits

3

Tethered
Oral
Tissues

4

Nutrition

FACTORS THAT INFLUENCE OROFACIAL DEVELOPMENT

Below are a few of the biggest factors that impact orofacial development during the first several years of a child's life.

1. Lips sealed, tongue lightly up in the roof of the mouth, and breathing through the nose promote wider palates, healthy dental alignment, and forward jaw growth.

2. Oral habits (e.g., thumbsucking, pacifiers) are completely normal in little ones...BUT if they go on for too long, they negatively impact dental and jaw development and promote incorrect tongue resting posture and swallowing patterns.

3. Buccal, lip and tongue ties *can* negatively impact lingual resting posture, lip seal, breathing, facial symmetry, and swallowing function.

4. Encourage foods with nutrients that promote healthy bone development and dentition (e.g., calcium, K2) and limit those that put kids at risk for cavities. Let babies and toddlers get messy and play with their foods. This helps reduce "picky eating." Lastly, crunchiness matters!! Chewing promotes forward jaw development.



**WHAT IS
LOW TONGUE
RESTING
POSTURE?**

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WHAT IS LOW TONGUE RESTING POSTURE?

When we say "Low tongue resting posture" what we mean is that the tongue is not resting in the proper position. Your tongue tip **should** be just behind your top teeth, and your tongue should be resting up against your palate, gently suctioned.

With low tongue resting posture we see the following:

- The tongue tip may rest against or between upper/lower anterior teeth.
- The sides of the tongues rest against or between the molars or premolars
- The back of the tongue is low and does not make contact with the palate.

WHY
WE
CARE
ABOUT
TONGUE
RESTING
POSTURE



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TONGUE RESTING POSTURE

One of the main goals of Orofacial Myofunctional Therapy (OMT) is establishing correct lingual resting posture.

Why?

Proper tongue rest posture greatly impacts oral and facial development, articulation, and swallow function. Ideal tongue resting posture helps to naturally expand the palate and promotes optimal dental alignment.

Habitual improper tongue resting position = higher risk for dental crowding/malocclusion, mouth breathing, sleep disordered breathing, imprecise articulation and impaired oral phase of the swallow.

OMID

Orofacial Myofunctional Disorder

Disorders that impede and/or interfere with the normal growth and development of the muscles and bones of the face and mouth.

Orofacial Myofunctional Disorder

What is an OMD?

OMDs are Orofacial Myofunctional Disorders and they interfere with the normal growth and development of the muscles and bones of the face and mouth.

What causes an OMD?

OMDs are multi-faceted and have various, often interrelated causes. Some examples include: Mouth breathing, improper tongue resting posture, prolonged oral habits (e.g., thumbsucking), tethered oral tissues (TOTS, e.g., tongue tie), and reduced airway space (e.g., from enlarged tonsils and adenoids).



Five Signs of Dysfunctional Breathing

- *Mouth breathing*
- *Audible breathing at rest*
- *Frequent sighing/yawning*
- *Regular sniffing/congestion*
- *Upper chest movement with breathing*

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Five Signs of Dysfunctional Breathing

Disordered or dysfunctional breathing is one of the most common signs of an OMD. Many people don't realize it, but when at rest, breathing **should be** quiet, effortless, through the nose, and involve minimal to no chest movement. Not sure if you struggle with dysfunctional breathing?

Here are five common signs:

- Mouth breathing
- Noisy/audible breathing when at rest
 - Frequent sighing
- Frequent sniffing or nasal congestion
 - Visible upper chest movement

BENEFITS OF
Nasal Breathing

1

Promotes optimal
tongue resting
posture

2

Boosts nitric
oxide

3

Improved quality
of sleep

4

Supports forward
jaw growth

BENEFITS OF NASAL BREATHING

1. Promotes optimal tongue resting posture, which supports the development of wider palates.
2. Boosts nitric oxide, which increases oxygen absorption and blood flow and is linked with improved memory and learning and overall health!
3. Better quality of sleep and improved energy levels and mood.
4. Supports forward jaw growth, which promotes less dental crowding and more airway space.

Signs & Symptoms of OMDs

1. Poor Sleep Quality

2. Disordered Breathing/
Mouth Breathing

3. TMJ/Head and Neck Pain

4. Dental Malocclusion

5. Swallowing Dysfunction

6. Speech Disorder/Imprecise
Articulation

Common Signs & Symptoms of Orofacial Myofunctional Disorders

1. Difficulty falling asleep, tossing and turning, snoring, bedwetting, and waking up groggy no matter how long you slept
2. It's estimated that up to 80% of the population isn't breathing correctly! Chronic congestion, mouth breathing during the day or night, and lack of diaphragm engagement are all common issues
3. Jaw popping, pain or tightness, teeth grinding, and head/neck pain can all be related to OMDs especially with tongue ties.
4. Teeth crowding, overbites, and cross-bites along with high, narrow palates are all frequently associated with an OMD.
5. Tongue thrusting, impaired chewing pattern, difficulty lateralizing and collecting food.
6. If your tongue, lips, and/or jaw are restricted, weak, or have impaired coordination of movement it impacts your articulation! S, R, L, Sh are all examples of sounds that are frequently linked to OMDs.

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Your partner's snoring is more than just annoying.

Did you know that disruptive snoring is more than just annoying?

Snoring can be a warning sign for OSA (Obstructive Sleep Apnea) which is a sleep disorder characterized by periodic breathing disruptions during sleep. These episodes of breathing cessation can cause a reduction in oxygen flow which increases the risk for serious health conditions including stroke, heart attack, diabetes, and high blood pressure.

For some, snoring is simply a sign that their mouth is open and their tongue is not in the proper resting posture. But even "just" mouth breathing at night has A LOT of negative outcomes, including reduced blood flow and oxygenation, poor sleep quality, dehydration, increased risk for cavities, plaque buildup, and bad breath.

Simply put: DON'T IGNORE THE SNORE.

A close-up photograph of a woman with dark hair, wearing a white shirt, drinking water from a clear glass. Her eyes are closed, and her lips are pressed against the rim of the glass. The background is a soft, out-of-focus grey. The text is overlaid on the lower-left portion of the image.

Mouthbreathing
causes the body to
lose 40% more water
[than nasal breathing].

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Mouthbreathing + Dehydration

Waking up with a dry mouth?

Always needing to gulp some water first thing
in the morning?

Mouthbreathing may be the issue.

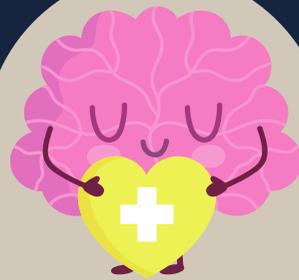
In comparison to nasal breathing,
mouthbreathing causes the body to lose 40%
more water. Whether it's day or night,
mouthbreathing can lead to dehydration
(along with many other problems).

NEGATIVE IMPACT OF

Sleep & Breathing Disorders



**Physical
Health**



**Mental
Health**



**Dental
Health**

NEGATIVE IMPACT OF

Sleep & Breathing Disorders

Sleep & Breathing Disorders occur across the lifespan. Early diagnosis and intervention can help prevent and reduce the risk of negative outcomes including:

Physical Health Risks: Stroke, heart disease, high blood pressure, erectile dysfunction, and more.

Mental Health Risks: Depression, anxiety, fatigue and stress.

Dental Health Risks: Gum disease, dental crowding and malocclusion, cavities, and dental wear (e.g., cracking, wear from grinding).

DAYTIME GROGGINESS?



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Daytime Grogginess & Mouth Breathing

If your little one is STILL tired during the day despite getting what *should be* enough sleep at night...their breathing could be the problem!

Tossing and turning, teeth grinding, and bed wetting can all be signs of sleep disordered breathing (e.g., mouth breathing) at night.

Mouth breathing = reduced blood flow and oxygenation and dehydration (vs. nasal breathing). This can contribute to daytime sleepiness, poor concentration, and even signs/symptoms of ADHD.

Consistent mouth breathing day or night is cause for a concern. At BreatheWorks we can help assess the cause of the issue and provide referrals to additional providers as needed.

Diseases and Health Conditions Associated with Low Nitric Oxide

High Blood Pressure

Heart Disease

Erectile Dysfunction

Alzheimer's Disease

Digestive Tract Issues (e.g., IBS)

Bladder Issues

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Diseases & Health Conditions Associated with Low Nitric Oxide

A number of health conditions and diseases are associated with low levels of nitric oxide, including:
High Blood Pressure, Heart Disease, Erectile Dysfunction, Alzheimer's Disease, Digestive Issues and Bladder Issues.

How? Studies have shown that nitric oxide boosts blood flow and oxygenation throughout the body and assists digestion, improves memory, learning and attention, and so much more! In fact, nitric oxide plays a role on EVERY organ in the body.

The best way to boost your nitric oxide? Breathe through your nose all day and night.



Let's talk about...

ORTHODONTIC RELAPSE

ORTHODONTIC RELAPSE

Orthodontic relapse is when teeth begin to shift back towards their original positions after completing successful orthodontic treatment.

There are different causes for orthodontic relapse...however **SOME** causes are preventable and related to orofacial myofunctional therapy.

Examples include:

- Oral habits (such as thumb sucking)
- Tongue Thrust Swallow Pattern
- Improper Rest Posture of the Tongue, Lips and Jaw

We work closely with orthodontists to promote optimal outcomes and often coordinate our therapy around the timing of orthodontic treatment including palatal expansion and braces.

**WHAT DOES
THE SHAPE OF
YOUR PALATE
MEAN?**

WHAT DOES THE SHAPE OF YOUR PALATE MEAN?

Broad, Low, "U-shaped" palates are optimal! Why?

- Associated with wider nasal floor = better nasal breathing
- Wider palate means there is more room for your tongue
- Linked with less dental crowding
- Wide palates are associated with forward jaw growth, which provides for greater posterior airway space

Narrow, High "V-Shaped" palates are often problematic. Why?

- Vaulted, high palates create a narrow nasal floor = inhibited or poor nasal breathing
- Often linked with deviated septums
- Frequently linked to mouth breathing, and open mouth posture
- Relate to dental crowding and smaller posterior airway space



Let's talk about...

THUMBSUCKING

THUMBSUCKING

Non-nutritive sucking (like thumbsucking or on a pacifier) is a completely normal habit in infants. In fact, some little one's can even be seen sucking their thumbs in utero. The tricky thing is, if it continues for **TOO** long, it can negatively impact orofacial development.

By age two, the effects of oral habits on the teeth and jaw can already be noticeable. It's recommended that oral habits are completely weaned by age three to avoid ongoing detrimental facial growth patterns.

Some possible negative side effects of thumbsucking include: anterior open bite (it's hard for the teeth to come together if there's always a thumb in the way), improper tongue resting posture, impaired swallowing function, palatal abnormalities and speech deficits.

MYTH BUSTING:

**FREQUENT
MISCONCEPTIONS
ABOUT
TONGUE TIES**

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MYTHBUSTING: TONGUE TIE MISCONCEPTIONS

Ever heard any of the following?

"Tongue ties are a fad."

"Tongue ties don't have any long term impact."

"Kids outgrow tongue ties."

"If your child can stick his/her tongue out, they don't have a tongue tie."

"Your baby is gaining weight/feeding fine so there's no tongue tie."

These are all common but incorrect misconceptions we hear all too often when it comes to tongue ties.

This is why it is SO IMPORTANT to see a practitioner well versed in this area of specialty and knows how to properly assess for tongue tie/any tethered oral tissues and who understands how TOTs can impact long term development.

GOALS OF OMT



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Common Goals of Orofacial Myofunctional Therapy (OMT)

- Nasal/diaphragmatic breathing
- Proper tongue resting posture
- Relaxed, optimal rest position of jaw, lips, and tongue
- Improve body posture
- Tongue-Jaw dissociation
- Optimal function/range of motion of lips, tongue, and jaw
- Proper chewing and swallow function
- Improve articulation
- Optimal wound healing for frenectomy/frenuloplasty

*Let's talk
about...*

CHEWING

+

**OROFACIAL
DEVELOPMENT**

Chewing + Orofacial Development

Did you know that chewing has a BIG impact on orofacial development?! Chewing helps promote forward jaw growth which reduces the risk of dental malocclusion and crowding.

Forward jaw growth also helps to provide for more room for your tongue to rest up in your palate (where we want it) and improving airway space.

Encourage crunchy, chewy foods and avoid over reliance on processed and puréed items, while being aware of choking hazards in little ones. We love the Myo Munchee for helping promote chewing and optimal facial

development!



smart start myo

ESTABLISH
HEALTHY HABITS
+ PROPER
FUNCTION
POSTURE FOR
OPTIMAL FACIAL
DEVELOPMENT

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OMDs + ARTICULATION

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Orofacial Myofunctional Disorders (OMDs) and Articulation

Articulation errors are a common symptom of OMDs.

Curious if an OMD could be contributing to ongoing speech deficits? If you/your child has been in speech therapy for 6+ months working on the same sound without any progress - odd are something is structurally amiss.

Common articulation errors seen in patients with OMDs include:

- Lateral/frontal lisp
- Imprecise production of alveolar sounds (T, D, N, L)
- Incomplete production of R
- Difficulty with sh, ch, j sounds
- Overall muddled or "slushy" speech

DID YOU KNOW?

Every inch forward/out of alignment in forward head posture adds an additional 10 pounds of weight on the cervical spine.



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FORWARD HEAD POSTURE

In these days of cellphones, iPads, laptops and more - we are spending more and more time in front of screens - and often are guilty of poor posture while doing so.

Forward head posture is a common symptom amongst patients with OMDs (for some, it is suspected to be related to limited posterior airway space).

But did you know? Every one inch forward = an additional 10 pounds of weight on the cervical spine! TEN POUNDS!
It's not surprising that so many of our patients also report neck pain, shoulder pain, and headaches.

Establishing proper posture of the head, neck, shoulders, and mouth are all key goals in Myofunctional Therapy.

Let's talk about...

SIPPY CUPS



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Let's Talk About Sippy Cups

Has your child's pediatrician, dentist, or speech therapist recommended avoiding sippy cups? Here's what all the fuss is about and why sippy cup use is best to be avoided (or eliminated) if possible.

Developmentally, sippy cups aren't **that** different from drinking from a bottle. They still encourage the use of the infant suckle-swallow pattern. While this pattern is totally normal during infancy, as children mature so **SHOULD** their swallow pattern. Drinking from a straw (preferably not one that requires biting to suck) or an open cup are both better options that promote a more mature swallowing pattern. Sippy cups also promote low and forward tongue resting posture - which is a habit we want to avoid when eating or drinking and during rest.

BREATHWORKS™

Locations

Virtual: Anywhere

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Washington Clinics: Camas

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Evaluating and Treating: Infants through geriatrics