



# MYOFUNCTIONAL THERAPY EVALUATION PREP GUIDE



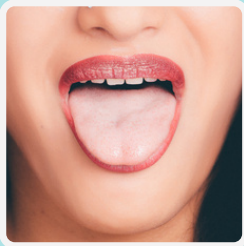
How To Get Started with  
Myofunctional Therapy

[www.myofunctionalpathways.com](http://www.myofunctionalpathways.com)

# Why Patients Come To See Us



The Orthodontist Referred  
for a Tongue Thrust



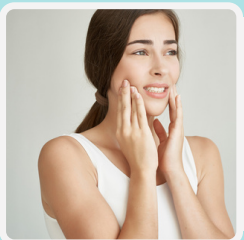
They Think They May Have  
a Tongue Tie



They Snore or Have  
Sleep Apnea



They Struggle with Mouth  
Breathing or Congestion



They Suffer from Jaw Pain,  
TMJ, or Headaches



They Clench or Grind Their  
Teeth



# What To Expect In Our Evaluation



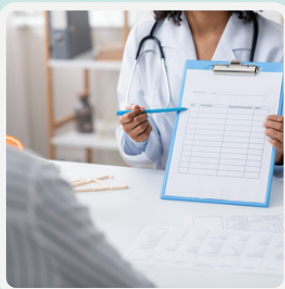
## Overview of What Myofunctional Therapy is and Why It's Important for Your Overall Health

Is this the first time you have heard about myofunctional therapy? We are going to talk about everything from tongue thrust, tongue ties, and low tongue posture and why they can impact your overall health. We will talk about why you were referred to us, and how it applies to your health. We will connect the dots of what you are experiencing and how we can address the root causes to achieve results.



## In Depth Evaluation of Your Symptoms

We will do a deep dive from the day you were born to your current symptoms. We will address the root cause of your symptoms, evaluate compensations and how your body has been working around your symptoms. Our job is to get to the root cause of why you are having dysfunction in the muscles of the face, head, neck and tongue.



## Customized Treatment Plan to Meet Your Needs

Our job is to figure out the best plan forward to meet your needs. We want your muscles to work for you instead of against you. There are 100s of exercises that we can teach you, but our goal is to tailor a plan for you. No cookie cutter programs here!



## Goal Setting to Achieve Optimal Results

We are not going to have you in treatment with no end goals or end in sight. We are not going to make you pay session after session after session with no direction or sense of final outcomes. What would be the point of that? Our goal is to be with you from start to finish so that you can be out of pain or out of braces, or sleeping better and never look back! It's vital to be able to complete therapy for best results and not be stuck in it for years.



## An Overview of Our Comprehensive Care Process

Most patients who qualify for our comprehensive therapy spend about 6-8 months in treatment with us. Generally speaking, we work with you every 2-3 weeks for 30-45 minutes to address the tailored goals you created during your comprehensive consultation. If a tongue-tie release or a frenectomy is a part of your treatment plan then we will help you plan with the appropriate provider about 8-10 weeks into the program.

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# Top 6 Obstacles of Why Patients Don't Move Forward



## The Upfront Cost Feels Like A Lot

We work with every budget! We have several options for treatment to meet our patients needs. Most patients are able to save themselves the extra time in braces or need to spend money for them again. They save money by not breaking any more teeth or needing new night guards. The initial investment is designed to save you money for years to come! AND, we have a financing option available!



## This Service Isn't Covered By Insurance

Our practice is a fee for service office. Myofunctional Therapy is not typically a service that is covered by insurance. HSA cards are accepted.

FINANCING IS AVAILABLE



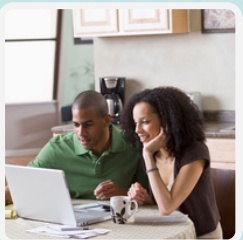
## This Is The First Time Anyone Has Ever Told Me

Were you surprised to hear that you may need myofunctional therapy? We hear this all of the time. Most providers do not learn anything about tongue tie and oral function in school. We have to specialize and continue to learn when we are out of school. When we know more, we do better! Which is why you are here.



## I've Always Been This Way...Why Change?

When we know better, we do better. Your health isn't about staying the same and dealing with symptoms, because that's just how we are or have always been. If you could thrive in your life instead of just survive, would you want to?



## I Need To Talk to My Partner Before Committing to Anything

We ask that all parties who are responsible for health decision making to be apart of the comprehensive consultation. That allows us to use our time in the best way possible and answer any questions during our time together. If your partner isn't available for the call, we will reschedule for a time that they are.



## I Want to Do Several Consultations

We encourage you to get more than one consultation to see who may be the best fit for you. However to make the most of our time, we want to make sure you have all the information you need prior to our call to ensure we use our time for you.



# Get To Know Us



## We offer Orofacial Myofunctional Therapy, Sleep Coaching and Functional Breathing Programs.

We are trained in 3 highly successful methods that when combined, create one of the most comprehensive programs around! It will be hard to find another practice that can match our level of training.



## Each Program is Individually Tailored

No two patients are alike. We use this motivation to create a fully tailored program for each individual. There is nothing "cookie cutter" about what we do. This provides you the most impactful results for long-term stability.



## We Believe in Comprehensive Care

We are with you from start to finish. From your initial consultation until we reach the goals we set together for your treatment program. We have seen that when we work with patients in a full program versus session by session that patients don't have to spend years with us and they are able to reach their goals in a 6-8 months!



## We Offer Flexibility to Meet Your Lifestyle

We work with patients virtually, so you can get your best results from the comfort of your own home. When you have good lighting and a good internet connection, you can do everything virtually. We save you commute time from appointment to appointment and offer the flexibility needed in today's busy schedules.



## We Offer Family Therapy Options

Myofunctional disorders are very common amongst more than one person in the family! We know it can be difficult to afford treatment for each individual member, so we don't make you choose! We offer options for the whole family at a discounted cost. When families work together they get amazing results!



## We Work With Your Doctors

Whether you're pursuing myofunctional therapy on its own or as part of a greater treatment plan, we work with you (and your outside providers) to design a comprehensive therapy program for lasting results.

[www.myofunctionalpathways.com](http://www.myofunctionalpathways.com)

# Hear from Our Patients:

★★★★★

I've only been through 3 appointments and I already have noticed a huge improvement in my digestive problems and my anxiety. I did not realize the impact that therapy like this could have on my body and life. I highly recommend this to anyone struggling with anxiety, digestive problems or breathing trouble.

★★★★★

As a client of Becca's I have learned so much about the anatomy and structures of the head, neck and oral cavity! All of these work together in developing your ability to swallow and breathe properly. I have experienced a significant change in breathing through my nose and my level of anxiety has been reduced as well as improvement in sleeping. I am deeply grateful for her effort and support in helping me achieve better airway health!

**"IMPROVEMENT IN SWALLOWING YES. IT'S EASIER NOW. BEFORE I HAD TO REALLY WORK THE FOOD BACK TO WHERE IT NEEDED TO BE BUT NOW IT'S EASIER FOR MY TONGUE TO MOVE MY FOOD BACK. WHEN I WOULD DRINK, YOU CAN HEAR IT 3 ROOMS AWAY. IT'S A LOT QUIETER NOW. PEOPLE CALLED ME OUT ON IT."**

**"...My singing voice and range has improved. I know it's 100% because of what we're doing!"**

**"I HAVE NOT HAD ACID REFLUX SINCE WE STARTED THIS. I USED TO HAVE 2 OR MORE DAYS PER WEEK. (AFTER 1 MONTH)"**

***"I HAVE REALLY BAD INSOMNIA, MOSTLY DUE TO ANXIETY. THIS HAS HELPED WITH MY ANXIETY, ALMOST INSTANTLY."***

**"Just talking with you is therapy. I'm getting a lot from this!"**



# Frequently Asked Questions



## What is Myofunctional Therapy?

Myofunctional Therapy is a type of treatment that looks at the way the tongue and oral muscles move and function. Many people experience low muscle tone and swallowing issues that can lead to health problems. Myofunctional therapy is based on a series of exercises that help patients learn to change bad habits. This improves tongue placement, breathing, speaking, chewing and swallowing, which can have a huge impact on their overall health and well-being. Patients experience a variety of myofunctional issues. It can sometimes be overwhelming when you start learning about myofunctional therapy.

## Do You Accept Insurance?



We know that healthcare costs can add up, but Myofunctional Pathways cannot directly bill insurance. At this time, there are no insurance codes for the work we do. Here at Myofunctional Pathways, we prefer to work directly for the patient that hires us.

We do understand that cost can be a barrier and we have a variety of treatment plans and options to fit most budgets. Financing option is Available. We can accept FSA and HSA health accounts as a form of payment and provide the appropriate receipts.

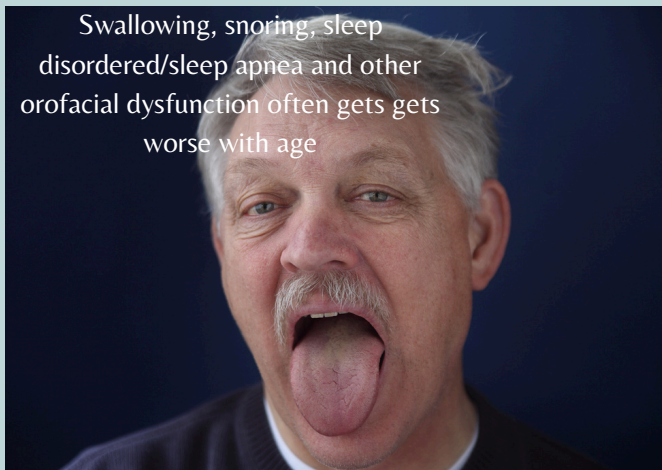
## How Do I Know This Will Work for Me?



During your comprehensive evaluation our job is to determine your symptoms, needs, and goals for your customized treatment plan! When we get to the root cause of the issues at hand, we are able to work backwards from the cause to solution for long term optimal health. We do not offer band aid type health treatments to mask this issues and kick them down the road. We are here to help get to the root of the symptoms and offer treatment that addresses and improves them. Patients who are committed to the process will see results. We continually receive referrals from patients who experience life changing improvements.

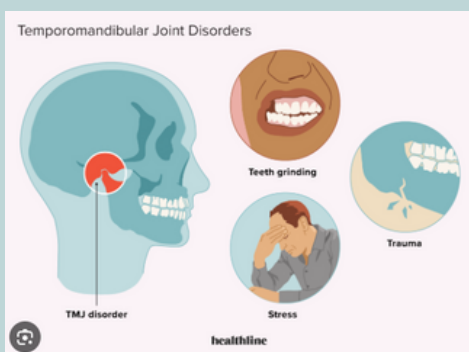
# Resources

Swallowing, snoring, sleep disordered/sleep apnea and other orofacial dysfunction often gets worse with age



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**Figure 2.** Case example: 6-year-old girl with restless sleep, nail biting, dental grinding, and open mouth breathing presenting with grade 3 compensating to grade 2 tongue mobility. The image on the left shows <50% mobility (grade 3 TRMR) with floor of mouth elevation and tension on attached gingiva. The image on the right shows 50%-80% mobility (grade 2), however, the patient exerts extensive strain from the floor of mouth and muscular neck to compensate for the restricted tongue mobility.



## Myofunctional Therapy to Treat Obstructive Sleep Apnea: A Systematic Review and Meta-analysis

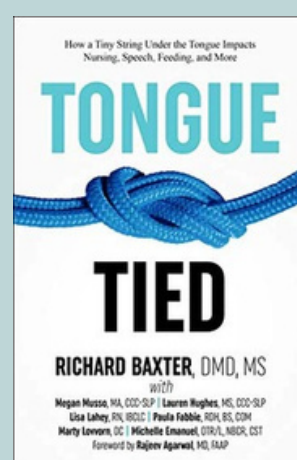
### CONCLUSION

Current literature demonstrates that myofunctional therapy decreases AHI by approximately 50% in adults and 62% in children. Lowest oxygen saturation, snoring, and sleepiness outcomes improve in adults. Myofunctional therapy could serve as an adjunct to other OSA treatments.

## TONGUE THRUST



During the wrong swallowing process the tongue is pressed against the front teeth which causes an open bite.





# Contact Info



## Myofunctional Pathways

VIRTUAL  
TELEHEALTH



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Virtual Based Telehealth We Are Wherever  
You Are

[www.myofunctionalpathways.com](http://www.myofunctionalpathways.com)

