

Work on full body health for patients of any age, beginning with the muscles of the mouth!

4 Goals to help Airway

1. Nasal Breathing
2. Correct Tongue Posture
3. Lip Seal
4. Correct Swallowing pattern

Need to Assess

1. Nasal Clearance
2. Tongue Tie
3. Tongue Space
4. Tongue Tone

Mouth Breathing Dysfunction

1. Dark Circles Around Eyes
2. Crowded Teeth
3. Low Tongue Posture
4. Chapped Lips

COST

- Oral Motor Exam: \$250
- Follow Up Neuromuscular Appointments: \$90
- In-person and/or telehealth appts available.

Progress is 95% awareness!

OROFACIAL MYOFUNCTIONAL COACHING



Neuromuscular re-education of the head, neck and throat muscles in collaboration with other professionals

The BreatheWell group provides MyoFunctional coaching. This strengthens oral muscles and helps individuals re-establish proper oral function. We find that many infants up through adults have established a series of bad habits that create poor function which directly affects the muscles and their strength. Our coaches provide a full anatomical evaluation and then create a custom plan for each client.

AIRWAY is our focus!!



The BreatheWell Group

Function with a purpose.

www.thebreathewellgroup.com

CALL: 615-754-2134

TEXT: 615- 541-9249

Tennessee and/or Telehealth

Lip Seal

Protects teeth from changes in PH balance associated with mouth breathing which increases risk of cavities



Helps hold the framework of the arches and stabilize teeth

The consultation will last 45 min to an hour where the coach will complete a full comprehensive and anatomical evaluation including taking measurements and photos to create a custom plan for you.



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A COMPREHENSIVE APPROACH

INSTENSIVE PHASE: Tongue posture, muscle strength, evaluate for tongue tie release

HABITUATION PHASE: Awareness, habit elimination and new formation Phases of Myofunctional Coaching: Foundational Program

RETENTION PHASE: Retaining tongue posture, habits and awareness

SESSIONS

-30 minutes weekly for 8 week

-30 minutes every 2 weeks for 2-4 sessions

-30 minutes every 3 weeks for 2-3 sessions

-30 minutes every 4 weeks for 2-3 sessions

PRACTICE

5-7 minutes 2-3 times daily

FOUNDATION

Each session is a stepping- stone. Target goals must be hit before moving forward.

ORAL MOTOR DYSFUNCTION: HOW DOES IT CREATE PROBLEMS?

- Poor facial growth to support a healthy airway
- Dental problems such as crowding, increase risk of cavities, enamel wear on teeth from clenching or grinding, periodontal disease
- Increased risk of Sleep disordered breathing including Sleep apnea
- Chronic pain with TMJ, neck, shoulders, headaches etc.
- Most people will swallow 800 to 2000 times daily. The tongue exerts one to six pounds of pressure on the surrounding structures.
- Tongue thrust swallows can create deformities vs. a normal swallow which does not.

