

## ABOUT US

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The Center for Speech and Language Pathology is a full service center that specializes in the evaluation and treatment of children and adults with speech, language and swallowing disorders. Our center consists of eight full-time, dedicated, well-trained speech-language pathologists who strive for excellence in patient care, teamwork, and continued improvement of knowledge and skills in our field.



**Josephine K. Chen, M.S., CCC, LLC**

Center for  
Speech & Language Pathology

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## REFERENCES

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<http://www.bracessandiego.com/about-orthodontics/tongue-thrusting-and-myofunctional-therapy/>



*For external sources and  
additional information please visit our  
website or one of the sites listed below:*

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

[http://www.asha.org/public/speech/  
disorders/OMD.htm](http://www.asha.org/public/speech/disorders/OMD.htm)[www.speech-  
language-therapy.com](http://www.speech-language-therapy.com)

[http://www.susanpike.com/myofunc  
tional.html](http://www.susanpike.com/myofunctional.html)

# **Myofunctional Therapy For Children and Adults**



**Josephine K. Chen, M.S., CCC, LLC**  
**Center for Speech & Language  
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Greenwich and Norwalk,  
Connecticut

Please visit our website at:

**[www.speechtherapyct.com](http://www.speechtherapyct.com)**

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## **WHAT IS A TONGUE THRUST?**

Tongue thrusting is the habit of placing the tongue in the wrong position while swallowing. The pressure exerted on the teeth when this occurs may force the teeth and arches out of alignment. The tongue moves forward in an exaggerated way during speech, swallowing and/or at rest. Myofunctional therapy re-educates the tongue muscles to correct deviant swallow pattern.

## **WHAT DOES A NORMAL SWALLOW LOOK LIKE?**

During a normal swallow, the tip of the tongue is placed on the alveolar ridge, the jaw closes with the occlusion of the rear molars and the tongue moves up in a wave-like motion to propel food upwards and back. An anterior tongue thrust is the most common and typical form of tongue thrust in which case the tongue pushes on or between the upper and/or lower teeth.

## **WHAT CAUSES TONGUE THRUST?**

- Thumbsucking
- Mouth breathing/Low resting tongue position
- Muscular conditions/Low muscle tone
- Neurological Conditions
- Physiological Abnormalities
- A short lingual frenum

## **WHAT IS THE CONSEQUENCE OF TONGUE THRUST?**

The force of the tongue against the teeth contributes to malformation. Individuals with tongue thrust swallow pattern may experience misalignment of the teeth even after the completion of orthodontic work.

## **HOW IS TONGUE THRUST DIAGNOSED?**

Tongue thrust is frequently diagnosed by a team of professionals consisting of the following:

- Dentist
- Orthodontist
- Physician
- Speech and Language Pathologist

Both dentists and orthodontists may be involved when constant tongue pressure against the teeth interferes with normal tooth eruption and alignment of the teeth. Physicians rule out the presence of blocked airways and Speech Pathologists evaluate and treat the effects of tongue thrust on speech, rest postures and swallowing.

To schedule an appointment for you or your child in our Greenwich or Norwalk office, please call: (203) 869-8272

## **TREATMENT**

In myofunctional therapy, neuromuscular re-education takes place in order to synchronize the muscles of the tongue, cheeks and throat so that the tip of the tongue presses firmly against the roof of the mouth which absorbs the force created by the tongue. Our program consists of various exercises designed to retrain and normalize the position of the tongue, lips and jaw during the act of swallowing and at rest. During therapy the following areas may be targeted:

- Increasing awareness of mouth/facial muscles and postures.
- Improving muscle tone and coordination.
- Improving speech sound productions.
- Improving swallow pattern.

Myofunctional therapy can be a normalizing influence on the growth and position of the teeth. The establishment of correct tongue placement facilitates the production of specific speech sounds and removes the antagonistic force of incorrect tongue movements to the teeth.

## **OBTAINING SERVICES**

Our offices are open Monday through Friday, with a wide variety of times available to suit every schedule. Call to make your appointment with us today!