

Value Added Dentistry Let Your Patients Hear It From You First!

As you know, dental solutions to sleep related disorders are sweeping our industry. Myofunctional Therapy is an integral part of these solutions. Successful myofunctional therapy can:

1. Help improve tongue “freeway space” and increase airway space
2. Help guide forward facial growth in your young patients to help them minimize and/or speed orthodontics while optimizing their airways
3. Help prevent orthodontic and orthognathic surgery relapses
4. Help relieve bruxing
5. Be a part of addressing TMJ and apnea issues
6. Be a consideration when treating patients with periodontal disease. Sometimes incorrect oral posture and habits contribute to loss of supporting tissues around teeth. For instance clenching puts too much stress on supporting tooth structures and incorrect tongue positions and swallows can cause front teeth to splay or even rock them loose.

While you may know everything I have compiled on my myofunctional therapy web page regarding these issues [<https://primaldentistry.org/myofunctional-therapy/>] you may find printing some of these articles for your reception area will help you present these issues to your patients. Among other things, on this web page is:

1. Article: *Facial Meltdown – Birth to Death – and How It Affects Your Overall Health* [with active links: <https://primaldentistry.org/facial-meltdown/> or print version: https://primaldentistry.org/wp-content/uploads/2018/04/Facial_Meltdown_Interactive.pdf]
2. Video: *Self-Help Check for Myofunctional Therapy* (7:59 minutes)
3. Video: Trailer for *Your Mouth Matters! Myofunctional Therapy Companion Video*
4. Video: Trailer for *Maximize Your Motion! Making the Most of Your Frenum Release*. [One of my young hygiene patients chose to have his frenum released but did not schedule a myofunctional appointment first to maximize its success. It reattached and the periodontist redid the surgery. It reattached again and he is worse off than when he started due to scar tissue. Reattachment and scar tissue are avoidable. While the frenum release exercises are a bonus included with the Companion Video, I also made it available separately because it is so important!!! Patients report wonderful changes after a lingual frenum release!]

The videos can also help you train your staff to screen for these issues. Other articles worth printing for your reception area are included in your “Extras” packages. I refer to these often when talking to hygiene clients about these issues.

While *nothing* can compare to individualized myofunctional therapy, my hygiene and myofunctional therapy clients begged me to make this valuable therapy available in video format for review or when finances just didn’t allow for professional care. Families with several children who need it have an especially hard time finding the funds and scheduling private appointments and are most appreciative of this option. Note that downloadable *Myofunctional Therapy Companion Video Charts and Word Lists* are available through the blog and are a “must have”. The “prop kits” are available in my online store, but are also easy for people with limited financial resources to put together for everyday items, except for a few things you might be able to provide for a small fee.

My warmest regards,

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