

# Myofunctional Orofacial coordination and strengthening *Therapeutic Method*

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Orofacial Myofunctional Therapist

# THEORERICAL BACKGROUND

- ▶ **Oral Motor Therapy (OMT)**

Sara Rosenfeld-Johnson

Debra Beckman

- ▶ **Orofacial Myofunctional Therapy (AOMT)**

# TARGET OF THE THERAPEUTIC METHOD

- ▶ Strengthening of the oral + facial functions, focusing on the tongue muscles
- ▶ Re-pattern the position of the tongue inside the oral cavity during swallowing
- ▶ Improve static and dynamic tongue position, elimination of tongue thrust

# THERAPEUTIC APPLICATION

- ▶ DYSARTHRIA
- ▶ DYSPRAXIA
- ▶ OROFACIAL DEFENSIVENESS (SI)
- ▶ DEVIATED SWALLOWING AND TONGUE THRUST
- ▶ ARTICULATION OF /r/, /l/, /s/, /t/

# THERAPEUTIC METHOD TONGUE THRUST

- ▶ Referral from Orthodontist
- ▶ Eight-week therapeutic program
- ▶ Two half-hour sessions per week during the first month, and then one session every week during the second month
- ▶ 20 original exercises with increasing difficulty

# PHYSIOLOGY OF THE TONGUE MUSCLES

## ▶ Extrinsic muscles

- Mostly for chewing and swallowing
- Change the position
  - Genioglossus
  - Hyoglossus
  - Palatoglossus
  - Styloglossus

## ▶ Intrinsic muscles

- Mostly for speech
- Change the shape
  - Superior Longitudinal
  - Inferior Longitudinal
  - Vertical
  - Transversal

# THERAPEUTIC EVALUATION

- ▶ Initial Evaluation:
  - ❑ Self awareness and observation of the subject in front of the mirror
  - ❑ Photograph taken of the tongue in and out of the mouth (initial and last session of the therapy program)
  - ❑ Video in specific cases of tongue trembling
- ▶ IOPI (Iowa Oral Performance Instrument) measurements every week

# THERAPEUTIC EVALUATION (IOPI)

Dr. Erich Luschei (2001)



Green light

Red light array

Show lights

Show timer

Peak mode

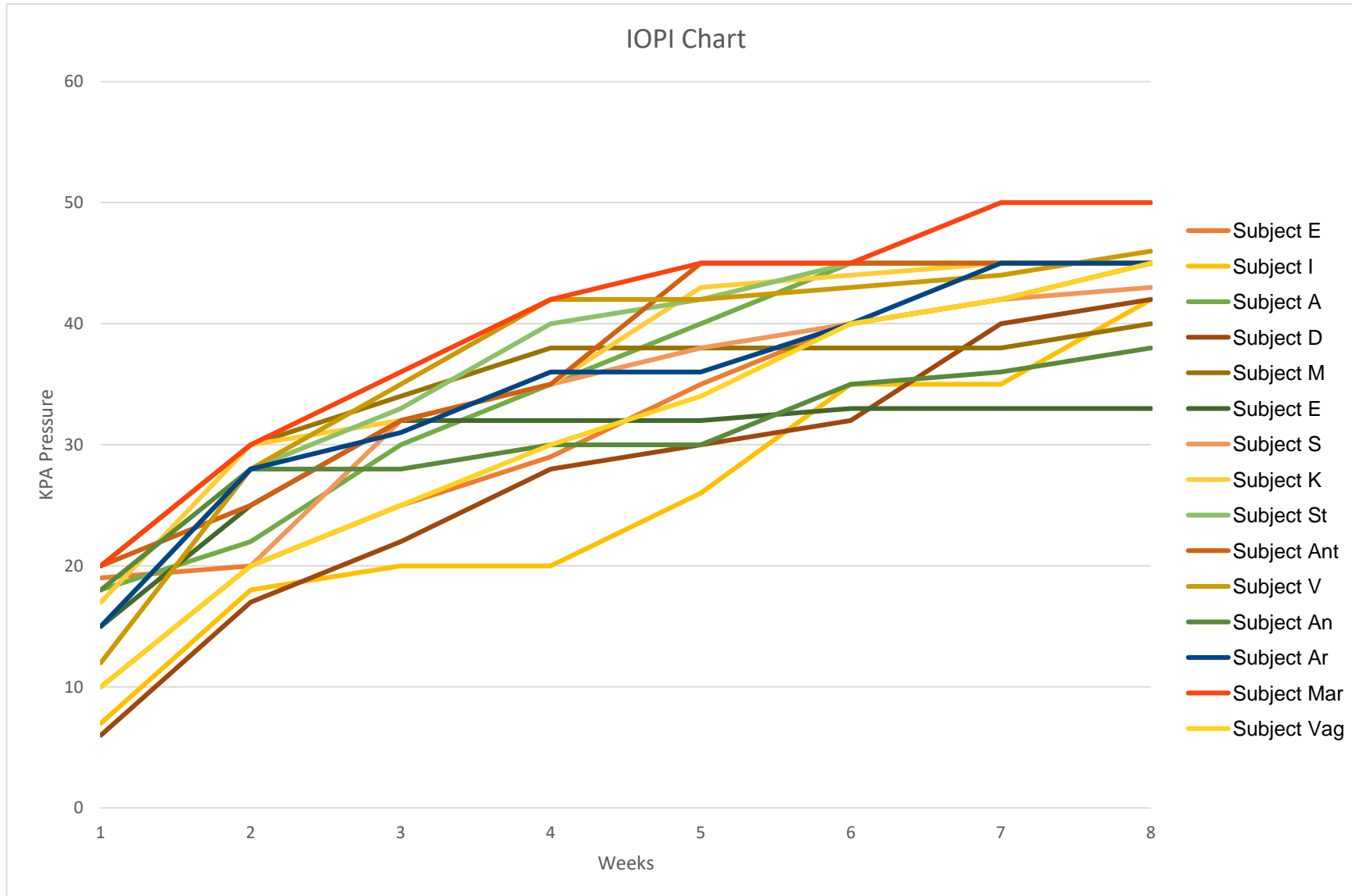
Power





# THERAPEUTIC EVALUATION (IOPI)

## Dr. Erich Luschei (2001)



ΕΥΧΑΡΙΣΤΩ  
THANK YOU



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