

Why was I referred for OMT?

You may be referred for OMT by your dentist or orthodontist if they identify an Orofacial Myofunctional Disorder (OMD) that is affecting your dental development or hindering your orthodontic treatment.

What is an orofacial myofunctional disorder?

Orofacial myofunctional disorders include one or a combination of the following:

1. Chronic Non-Nutritive Habit Patterns such as digit sucking, tongue sucking, lip licking, cheek biting, sucking habits with objects i.e., pacifier, blanket, pencil etc.
2. Poor oral rest posture (i.e., sitting with the mouth open, tongue on floor of mouth)
3. Tongue thrust during speaking and/or swallowing (i.e., tongue moving forward or between the teeth).

What can I expect from treatment?

Our treatment program targets improving oral rest posture and swallowing technique through neuro-retraining exercises. As we are working with neuroplasticity (the brain's ability to form neural pathways), the treatment is intensive and spans a 12 to 18 month period. The "active" part of therapy occurs over the first 3-4 months of treatment, followed by the "inactive/retention" phase which spans the remaining months until the new neural connections have fully formed. You can expect to participate in 10-16 therapy sessions during "active" therapy. Alternative therapy options also available.

What next?

Your dentist/orthodontist will send a referral to Strathcona Speech Therapy on your behalf. We will contact you by email OR you can:

1. Book a FREE 15-minute phone consultation or schedule your assessment appointment by visiting our website
2. Visit strathconaspeechtherapy.com/myofunctional-therapy for more information

We look forward to working with you!