



Dena Freedman-Muchnick, M.S., CCC-SLP, CLC
Speech Language Pathologist
Certified Lactation Consultant
(954) 261-9864
www.myofunctionalspot.com

Tongue Restriction Questionnaire

Patient's Name: _____ Birthday: _____ Age: _____ Today's Date: _____
Medical Issues: _____ Medications: _____
Allergies: _____ Previous clip/release of tongue? _____ (date)

Speech

- Frustration with communication
- Difficult to understand by parents
- Difficult to understand by outsiders
- Percent of time you understand your child _____
- Difficulty speaking fast
- Trouble with sounds (which?) _____
- Speech delay (when?) _____
- Speech harder to understand in long sentences
- Speech therapy (how long?) _____
- Mumbling or speaking softly
- "Baby Talk"

Nurse or Bottle-Feeding Issues as a Baby

- Painful nursing or shallow latch
- Poor weight gain
- Reflux or spitting up
- Unable to hold pacifier
- Milk dribbled out of mouth / messy eater
- Poor supply
- Nipple shield required for nursing
- Clicking or smacking noise when eating
- Cried a lot / colic as a baby
- Other: _____

Other Related Issues

- Neck or shoulder pain or tension
- TMJ Pain, clicking or popping
- Headaches or migraines
- Strong gag reflex
- Mouth open / mouth breathing during the day
- Tonsils or adenoids removed previously
- Ear tubes previously / lots of ear infections
- Reflux (medicated or not)
- Hyperactivity / inattention
- Constipation

Feeding

- Frustration when eating
- Difficulty transitioning to solid foods
- Slow eater (doesn't finish meals)
- Small appetite / Trouble gaining weight
- Grazes on food throughout the day
- Packing food in cheeks like a chipmunk
- Picky eater with textures (which?) _____
- Choking or gagging on food
- Spits out food
- Won't try new foods
- Other: _____

Sleep Issues

- Sleeps in strange positions
- Sleeps restlessly (moves a lot)
- Wakes easily or often
- Wets the bed
- Wakes up tired and not refreshed
- Grinds teeth while sleeping
- Sleeps with mouth open
- Snores while sleeping (how often? _____)
- Gasps for air or stops breathing (sleep apnea)

Anything else we need to know?
