AirwayCare OMT
Enhancing Airway Health Together
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www.airwaycareomt.com

OMD CHAIRSIDE SCREENING CHECKLIST

This checklist is intended to identify signs and symptoms of Orofacial Myofunctional Disorders (OMDs) to educate and support a referral.

**This is a screening tool and referral form and does not replace a comprehensive assessment by a trained provider.*

Patient Name:		**Date of Birth (YYYY-MM-DD):**	
Phone Number:		**Parent/Guardian Name (if applicable):**	

AIRWAY	
Quiet, easy nasal breathing	☐
Audible nasal resistance with breathing	☐
Quiet, mouth open breathing	☐
Large oral isthmus (non-obstructive	☐
Small oral isthmus (obstructive tonsils)	☐

ORAL HABITS	
No current or past oral habits	☐
Thumb/Finger sucking	☐
Nail biting	☐
Pacifier	☐
Feeding tools/pouches	☐
Other: _____	☐

SLEEP	
Quiet, calm and restful	☐
Frequent wakings	☐
Restless	☐
Odd positions	☐
Bedwetting	☐

ORAL REST POSTURE	
Tongue: Lingual palatal	☐
Tongue: Against or between teeth (anterior/posterior/full)	☐
Teeth: Slightly apart	☐
Teeth: Excessively apart	☐
Teeth: Clenching	☐
Compensation: None	☐
Compensation: Lower lip retraction	☐
Compensations: Mentalis tension	☐
Lips: Closed lip rest posture	☐
Lips: Open lip rest posture	☐

OTHER RED FLAGS	
No other red flags	☐
History of frequent URI /	☐
Drooling / bubbly speech	☐
Messy eating	☐
Restrictive / "picky eater"	☐
Chapped lips	☐
Sensitive gag	☐
Difficulty with 1-minute	☐
Difficulty managing saliva	☐

JAW & DENTAL DEVELOPMENT	
Broad, u-shaped palatal arch	☐
Narrow and/or V-shaped	☐
Spacing between primary	☐
Crowding	☐
No occlusion concerns	☐
Malocclusion: overbite, deep	☐
Dental attrition	☐

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SWALLOW PATTERN	
Teeth closed, tongue up and back, effortless, no perioral tension	☐
Tongue pushes forward, laterally or bilaterally with the swallow	☐
Lower lip retraction or other perioral tension with the swallow	☐

ARTICULATION & INTELLIGIBILITY	
100% intelligible by age 4 to unfamiliar listeners	☐
Articulatory imprecision, lisp and/or difficulty with /s/ /z/ /r/ /l/ /sh/ /ch/	☐
Reduced intelligibility / hard to understand / mumbly speech	☐

LINGUAL MOBILITY & DISSOCIATION	
x-spot hold: Tongue tip isolated, tongue stable, mouth wide open	☐
x-spot hold: Tongue blade is used vs tip	☐
x-spot hold: Tongue touches teeth	☐
x-spot hold: Poor lingual stability (poor endurance, tongue folds forward)	☐
x-spot hold: Tongue doesn't reach x-spot / mouth closes	☐
Tongue wags: Tongue moves laterally, separate from lips and jaw	☐
Tongue wags: Lips and/or jaw move with the tongue	☐
Caves: Tongue easily maintains lingual-palatal suction	☐
Caves: Difficulty maintaining lingual-palatal suction	☐
Caves: Palatal accommodation overflow	☐

★ IF YOU SEE PINK, YOU HAVE TO THINK! ★

This checklist can also act as a referral form: Please complete and send to **info@airwaycareomt.com** if you would like to refer this patient for an OMT assessment. Our OMT services are offered virtually across Canada.

☐ I confirm the patient is aware of this referral

Clinic Name:	
Clinic Email:	
Clinician Name:	
Clinician Signature:	