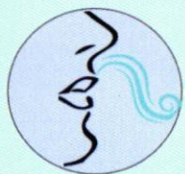


## **Benefits of Orofacial Myofunctional Therapy:**

Since each case is unique, Orofacial Myologists provide customized structured treatment for each patient. Our therapists will help retrain the lips, tongue and facial muscles through neuromuscular exercises. These exercises will teach those muscles to rest in the proper place and encourage children to eliminate noxious oral habits like thumb sucking and nail biting.

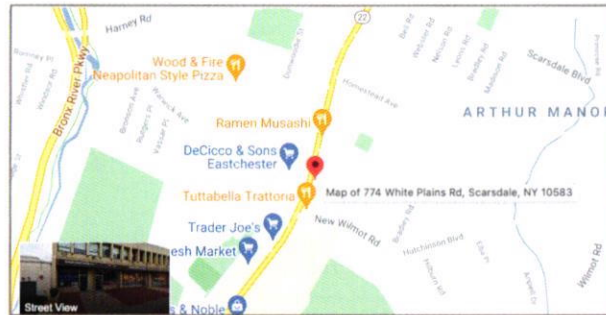
## **Correcting Oral Rest Posture and Function can improve:**

- Facial appearance
- Dental occlusion
- Speech and articulation
- Tongue thrust/Reverse swallow
- Breathing patterns



Call/Text: (914)348-3486  
Email: [info@westchestermyo.com](mailto:info@westchestermyo.com)

By appointments only:  
(914)348-3486



Our mission is to make happy, healthy smiles for a lifetime by promoting proper orofacial growth and development. Our dedication to preventing, identifying and treating Orofacial Myofunctional Disorders will have you leaving your session feeling confident and excited that your overall health is in great hands.



[westchestermyo.com](http://westchestermyo.com)

**Westchester Myofunctional  
Specialties**

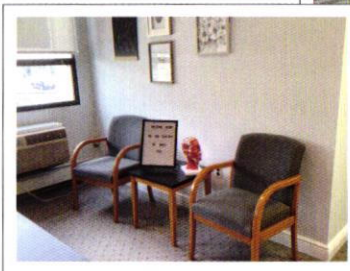
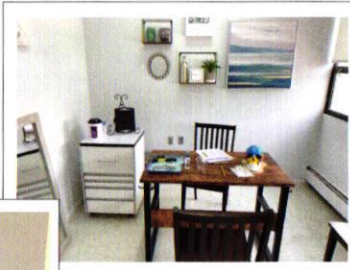
774 White Plains Rd Suite 250  
Scarsdale, NY 10583  
[info@westchestermyo.com](mailto:info@westchestermyo.com)



# **Orofacial Myofunctional Therapy**

Understanding how orofacial muscles influence teeth, speech and breathing

(914)348-3486



**Myofunctional therapy helps Orofacial Myofunctional Disorders including:**

- Mouth breathing
- Orthodontic relapse
- Gummy smile
- Open mouth posture
- Noxious oral habits (thumb sucking/digit sucking, pacifier, nail or lip biting)
- Snoring
- Restless sleep
- Obstructive sleep apnea
- Sleep disorder breathing
- Teeth grinding/Bruxism
- Dental malocclusions
- Temporomandibular joint disorders

**The Importance of Orofacial Muscles..**

The muscles of the mouth and face are unique and incredibly important. They are essential to life-sustaining tasks such as eating and breathing, and they allow us to communicate and express emotion. These muscles also play a role in the growth and development of our dental and airway health. In fact, the position of these muscles when functioning and also resting can determine whether or not we have straight, healthy teeth and large, healthy sinuses.

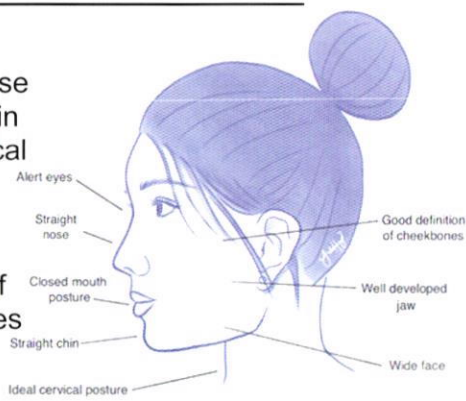
**Understanding the Oral Rest Posture:**

Good muscle function surprisingly is one of the most important factors that influences the position in which our oral and facial muscles REST when not in use. This is known as Oral Rest Posture, and it is the primary focus of Orofacial Myofunctional Therapy.

When our Oral Rest Posture is correct, there is harmony and equilibrium between our muscles and our bones. A child with good oral rest posture and good muscle function will be more likely to develop larger jaws that are able to accommodate the adult teeth without crowding. When the jaws develop properly, the sinus cavity grows to an appropriate size, leading to healthier breathing. When the tongue, lips and jaws are positioned correctly, it leads the way to better, clearer speech, and prevents relapse of orthodontic treatment.

**Correct Oral Rest Posture**

- Alert eyes
- Straight nose
- Straight chin
- Ideal cervical posture
- wide face
- Good definition of cheek bones



**Incorrect Oral Rest Posture**

- Tired eyes
- Crooked nose
- Receding chin
- Forward head posture
- Narrow face
- Poor definition of cheek bones

