



# OROMYOFUNCTIONAL THERAPY

Oromyofunctional therapy retrains the posture and functioning of the tongue and facial muscles.

## Connect with us



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### PORTLAND LOCATION

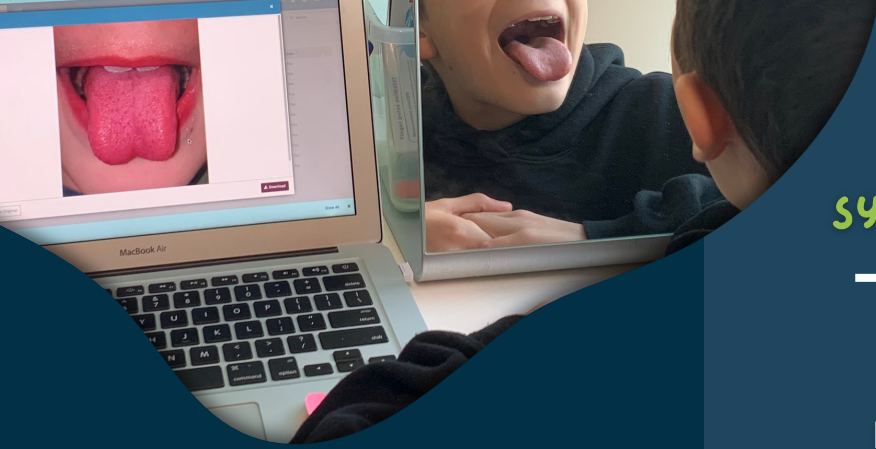
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## WHY OROMYOFUNCTIONAL THERAPY?

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Oromyofunctional Disorders (OMD's) are any habit or condition that interferes with proper development and function of the orofacial muscles and facial structures.

These can include tongue, lips, jaw and cheeks.

Treatment to correct abnormal functioning has been found to be 80-90% effective in resolving oromyofacial disorders. These include correcting resting postures and tongue function.

## SYMPTOMS & CAUSES

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- Drooling
- Clenching
- Improper oral habits
- TMJ & TMD disorders
- Incorrect swallowing
- Biting and chewing
- Poor food digestion
- Snoring
- Sleep apnea
- Lingual frenum (tongue tie)
- Habitual open mouth
- Headaches
- Tongue thrust



## WHAT WE OFFER

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Columbia Pediatric Therapy clinicians are trained and specialize in oromyofunctional therapy. We treat young children to adolescents.

Therapy works towards normal posture and muscle function in the tongue, lips, facial muscles, and jaw. Treatment includes teaching where the tongue needs to rest on the palate, how to properly swallow, muscle strengthening, and correcting compensatory patterns like tongue thrusts. Our clinicians also address any coinciding speech and attention disorders.

## GETTING STARTED

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Contact us if you have questions or think oromyofunctional therapy may be necessary. We will set up an initial evaluation and then develop a custom therapy plan.