

What is myofunctional therapy?

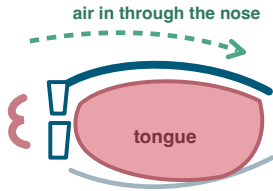
Physical therapy for your tongue, lips and face. A set of exercises that retrains where your tongue rests, how you swallow and how you breathe.

✓ No appliance

✓ No surgery

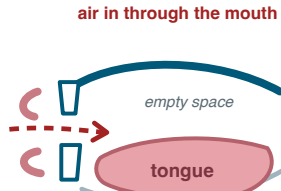
✓ Nothing to wear

WHERE YOUR TONGUE RESTS MATTERS



Resting up

Tongue against the roof of the mouth, lips closed, breathing through the nose.



Resting low

Tongue on the floor of the mouth, lips apart, breathing through the mouth.

THE HABITS IT RETRAINS



Tongue thrust

Pushing forward on every swallow, which can open gaps between the front teeth and push them out of line.



Mouth breathing

Especially at night. It dries the teeth and gums and changes where the tongue and jaw sit.



A low resting tongue

When the tongue doesn't rest against the roof of the mouth, the muscles around the teeth and jaw work differently.

WHAT IT CAN HELP WITH



Gaps and front teeth pushed out of line

When a tongue thrust is what keeps pushing on them.



Teeth that shift after braces or Invisalign

Works alongside your retainer, not instead of it.



Snoring and sleep quality

BEST RESEARCH Trials found better daytime sleepiness, sleep quality and snoring.



Jaw muscle tension

As part of TMJ care, often paired with buccal massage.



Before and after a tongue-tie release

A released tongue that isn't retrained can reattach or fall further back.



Mouth breathing and a dry mouth

Retraining the lips to stay closed and the nose to do the breathing.

HOW THE PROGRAM WORKS

1

Exam and measurements

Like how long you can comfortably keep your lips closed.

+

Daily home exercises

About 5 to 10 minutes a day. This is the part that does the work.

2

Check-in every other week

Dr. Lee-Mirzayan moves you to the next set.

8

About 8 weeks

We measure again, so we compare instead of guessing.

Having a tongue tie released? The timing is usually: **6-8 weeks therapy** **release** **~8 weeks therapy**

WHY DAILY PRACTICE IS THE KEY

Your tongue and lips are muscles run by your brain. Repeating the exercises every day changes how the brain drives them. That takes time, not one visit.

65+

Age isn't a barrier. In a review of 12 trials of tongue-strengthening exercise, the largest strength gains were in adults 65 and older.

WHAT IT ISN'T

- **Not a cure for sleep apnea**, and not a substitute for a sleep study or diagnosis. Some people respond much more than others.
- **Not a replacement** for your retainer, aligners or other treatment. It usually works alongside them.



Led by Dr. Jeannie Lee-Mirzayan, DDS

A dentist and a certified myofunctional therapist. Your first exam and intake are here in the office. After that, sessions can be in our Zen Room or over Zoom.

Is it right for you? Call 702-734-0776

An exam tells us what's behind your symptoms.
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