



Myofunctional Therapy UK OMD's Checklist

Please use this checklist to highlight the Orofacial Myofunctional Disorders (OMD's) that you have identified during your consultation/assessment

Please email this referral form to info@myofunctionaltherapy.co.uk and give a copy to your patient.
To book an appointment call +44 (0) 7956 209 499

Orofacial Myofunctional Disorders Checklist			
Referred by:		Date of referral:	
Patient's name:		DOB:	
Email:		Tel:	
Mouth Breathing Vs Nasal Breathing	<input type="checkbox"/>	Malocclusions	<input type="checkbox"/>
Open Mouth Posture	<input type="checkbox"/>	Cavities and gum disease	<input type="checkbox"/>
Anterior/ Bi-Lateral Tongue Thrust	<input type="checkbox"/>	Changes in saliva quantity and quality	<input type="checkbox"/>
Tongue tie (anterior, posterior, lip), buccal	<input type="checkbox"/>	Restricted Maxilla/high palate	<input type="checkbox"/>
Atypical Swallowing	<input type="checkbox"/>	Tongue scalloping	<input type="checkbox"/>
Habits, e.g. Thumb sucking, finger nail biting, etc.	<input type="checkbox"/>	Craniofacial dysfunction	<input type="checkbox"/>
Chewing Disorders	<input type="checkbox"/>	Allergic Shiners/Venous Pooling	<input type="checkbox"/>
Facial Muscle Dysfunction	<input type="checkbox"/>	Eustachian Tubes Dysfunction	<input type="checkbox"/>
Hypotonic Masseter	<input type="checkbox"/>	Aesthetic Changes	<input type="checkbox"/>
Speech and misarticulation (lisp)	<input type="checkbox"/>	Macroglossia	<input type="checkbox"/>
Tonsils and Adenoids	<input type="checkbox"/>	Abnormal Breathing	<input type="checkbox"/>
TMJD	<input type="checkbox"/>	Tinnitus	<input type="checkbox"/>
Sleep Disorders/Sleep Apnea/Sleeps less than 7 hours	<input type="checkbox"/>	Infant Feeding Problems	<input type="checkbox"/>
Bruxism/Clenching	<input type="checkbox"/>	Forward Head Posture/Posture	<input type="checkbox"/>
Low tongue Posture at rest	<input type="checkbox"/>	Stomach aches/bloating	<input type="checkbox"/>
Snoring	<input type="checkbox"/>	Migraines/frequent headaches	<input type="checkbox"/>
Teeth moved again after orthodontics	<input type="checkbox"/>	Other	<input type="checkbox"/>

Useful Tips:

1. Practice nasal breathing all day
2. Practice resting the tongue to the roof of the mouth without touching your teeth
3. Keep your mouth closed at all times, unless eating or speaking
4. Sit and walk straight

Myofunctional Therapy UK

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