



Tongue Thrust Quiz

Orofacial myology (or tongue thrust therapy) addresses overall head and body posture, breathing and tongue resting position. These are the habits people need for optimal dental alignment and facial appearance as well as oral and physical health.

Do you... or does your child.....	YES	NO
Have open-mouth breathing?		
Slouch?		
Have difficulty getting a good night's sleep?		
Suffer from allergies?		
Snore on a regular basis?		
Clench/grind teeth ?		
Struggle with clear speech production/speak with a lisp?		
Suck a finger/thumb?		
Struggle with orthodontic relapse?		
Suffer from TMJ pain?		

If you answered "Yes" to any of these questions click [here](http://www.therapiesforsuccess.com) to find out how we can help!