

**Quiz: Do I need Myofunctional Therapy? Check your score!**

**Grab a pen and paper and tally up your numbers! Add the points to your total if the line applies to you.**

**Early Childhood:**

- 2 pts: Bottle fed more than 50% during infancy
- 2 pts: Feeding troubles (colic, fevers, latching, difficult birth)
- 2 pts: Multiple ear infections and/or tubes placed

**Past/Present Airway Concerns:**

- 4 pts: Tonsils and/or adenoids removed
- 3 pts: Asthma, allergies, other breathing conditions
- 3 pts: Tonsils/adenoids enlarged and visible
- 2 pts: Deviated septum/nasal/airway surgery
- 2 pts: Mallampati Score 3-4 \*See photo at bottom of page\*

**Mouth Resting Posture:**

- 4 pts: Mouth open more than 50% of time
- 4 pts: Chronically mouth breathing
- 2 pts: Mouth open often but less than 50% of time
- 1 pts: Patient unaware of oral posture

**Tongue Position at Rest:**

- 3 pts: Tongue is positioned low, in bottom of mouth, not against palate/roof of mouth
- 2 pts: Tip of tongue is resting between upper and lower teeth
- 1 pts: Tongue tip is fully against only upper or only lower teeth
- 1 pts: Patient unaware of tongue position

**Dental Concerns:**

- 3 pts: Open bite (anterior or lateral) and/or crossbite (When biting down, there is an opening or gap at the front or on the sides of the bite- See photo below)
- 3 pts: Relapse of previous orthodontic treatment (Teeth have shifted and braces are needed again after already having them previously)
- 3 pts: Needed a 'tongue crib' or 'tongue guard' during orthodontic treatment
- 3 pts: History of (or recommended) orthodontic or orthognathic surgery

- 2 pts: Premolar teeth extracted
- 1 pts: Large spaces between with and/or tipping of teeth

### **Facial Structure:**

- 2 pts: Have been told you have low facial muscle tone or changes to soft tissue facial features
- 2 pts: Have been told you have a 'small mouth'
- 2 pts: Underbite/class III malocclusion
- 2 pts: Limited control over oral muscles and/or tongue movement
- 2 pts: Cosmetic surgery on eyes, lips, chin, etc

### **Head and Neck Concerns:**

- 3 pts: Jaw/facial pain more than once per week
- 2 pts: Grinding/clenching at night, night guard worn or recommended
- 1 pts: Headache more than once per week
- 1 pts: Neck/shoulder pain or tension

### **Digestive Concerns:**

- 2 pts: Digestive issues more than once per week
- 2 pts: Acid reflux symptoms
- 2 pts: Bloating, burping, hiccupping, or gas
- 1 pts: Alterations to diet - eliminating dairy, gluten

### **Swallowing:**

- 3 pts: Tongue thrust swallowing pattern (Tongue pushes forward or sideways against the teeth when you swallow, as opposed to pushing up to the top of the mouth/palate)
- 3 pts: Trouble with drooling / saliva pooling
- 3 pts: Difficulties breathing while eating, open mouth chewing, or use of liquids to swallow
- 2 pts: Difficulty swallowing pills
- 2 pts: Hyperactive gag reflex

### **Past/Present Sucking Habit:**

- 4 pts: Present sucking habit in age 7+ years old (thumb, fingers, blankets, etc.)
- 3 pts: Present sucking habit age 3-7 years old
- 2 pts: Sucked thumb in past, stopped prior to age 3
- 2 pts: Pacifier habit past age 3
- 2 pts: Other type of oral habit (nail biting, lip chewing, etc)

### **Speech Therapy:**

# FULBRIGHT

SNORING & SLEEP SOLUTIONS

3 pts: Present speech concerns including lisping, problems with general clarity, or pronunciation of other specific sounds

2 pts: History of speech therapy, but no present concerns

## **Sleep:**

3 pts: Diagnosed with sleep apnea

3 pts: (In children) 1 or more apnea events while sleeping

3 pts: Uses CPAP appliance or dental sleep appliance

2 pts: Occasional or frequent snoring

2 pts: Sleep test taken or recommended

2 pts: Fatigue and daytime sleepiness, poor sleep, and/or brain fog

## **Other Areas of Concern:**

2 pts: Forward head/neck posture

1 pts: Diagnosed with ADD/ADHA as a child or considered hyperactive/lack of focus at school or work

## **Scoring:**

### **Severity Assessment Score:**

**0-19 Mild**

**20-44 Moderate**

**45+ Severe**

**We recommend myofunctional therapy treatment to anyone who scores a 20 or greater on this exam. Once a patient's symptoms are in the range of moderate-severe, facial growth and development will be affected in children, orthodontic treatment and outcomes will be impacted, and airway issues such as sleep apnea may become a concern in the future. However, it is never too late to get help! Both adults and children can benefit greatly from learning new habits and oral muscle patterning. This is the goal of myofunctional therapy.**

**Contact us today to learn more about how we can help!**