



MYOFUNCTIONAL THERAPY



OUR GOAL

At Northwest Breathing & Wellness we strongly believe that airway and proper breathing are our lifelines! We strive to provide the necessary treatment to create optimal health in airway, breathing, speech, lip posture and many other aspects.

WHAT IS MYOFUNCTIONAL THERAPY AND WHAT ARE THE BENEFITS?

Myofunctional therapy is an exercise-based treatment that involves teaching patients appropriate tongue placement, breathing, chewing, and swallowing. Our goal is to make our patients aware of oral and facial muscles and how to move them properly. For optimal breathing we need the tongue and lips to rest in the correct positions; to improve these positions will customize a series of exercises to improve your airway. If symptoms such as mouth breathing, snoring, speech difficulties, thumb sucking, latching and poor sleep hygiene are present, myofunctional therapy should be considered.

THE 4 GOALS OF MFT

- Nasal Breathing
- Lip Seal
- Tongue Posture
- Correct Swallow Pattern

BENEFITS OF MFT

- Tongue position
- Speech
- Eating habits
- Alignment of teeth
- Breathing habits
- Head/Neck/Shoulder tension
- Clenching and grinding of teeth

HOW THERAPY WORKS

There are two different routes that can be taken during your myofunctional therapy journey. The first option is a 12-session myofunctional therapy program, this is the most common program. The second option is for more comprehensive cases that require longer training.

CONSULTATION:

The first step to therapy is to schedule a consultation appointment. At this appointment many techniques are used to help us evaluate the patient and create the best customized therapy program.

\$ 95

12-SESSION THERAPY PROGRAM

This program is the most common program. During the training you will work through carefully structured sessions that build on one another. The program improves oral facial strength, swallowing, eating, speech, tongue-tie, and sleep hygiene habits. This program usually lasts 6-8 months and includes a therapy kit for the patient. Treatment must be paid in full to begin.

\$ 1500

COMPREHENSIVE THERAPY PROGRAM

For more complex cases that need a long-term approach, or to ensure that the strongest of oral habits are effectively changed, our long-term therapy programs usually last a year or more and range from 18-22 sessions. Pricing for these programs are case by case.

THERAPY BREAKDOWN:

45 Minute Sessions Every 2-3 Weeks

Daily Commitment - 5 Minutes, Two Times Per Day

VIRTUAL THERAPY

Therapy sessions can be done via Zoom if that is most convenient for the patient.



NORTHWEST BREATHING & WELLNESS, PLLC

DR. BRIANNE MEZO - HAYLEY HELLA, RDH/MFT

1500 W. PARNALL RD. JACKSON, MI 49201

(517) 513 - 8070

THEOFFICE@NORTHWESTDENTALEXCELLENCE.COM