

32nd Asia Pacific

DENTAL AND ORAL HEALTH CONGRESS

July 23- 24, 2018 Sydney, Australia

The role orofacial myology in the co-management of the sleep disordered breathing patient**Rochelle McPherson**
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The etiology of sleep disordered breathing is multifactorial. The muscles play an important role in the disorder however treatment of them is often over looked. Orofacial myology, also known as Myofunctional Therapy (OMT), is becoming an accepted modality as part of a multi-disciplinary approach to patient care. OMT is treatment of certain disorders of the muscles of the face and mouth, targeting the oral and oropharyngeal structures to improve muscle function and tonicity. Retraining of nasal breathing and lip seal is incorporated within the therapy. OMT has been well established in the treatment of abnormal orofacial development, which can lead to sleep disordered breathing in children. Orofacial Myofunctional Disorders (OMDs) can affect growth and development. These can include non-nutritive sucking, improper swallowing habits and incorrect postures and function of the muscles of the tongue, lips and jaw. Current literature demonstrates that orofacial myofunctional therapy decreases Apnoea-Hypopnea Index (AHI) in both adults and children. Oxygen saturation and snoring improve in adults. Orofacial myofunctional therapy plays an important adjunctive role in multidisciplinary approach to treat sleep-disordered breathing.

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