

What is an OMD?

An Orofacial Myofunctional Disorder (OMD for short) is any atypical or adaptive oral pattern/habit that develops instead of typical oral habits. Since bone follows muscle as our bodies grow, atypical oral habits contribute to abnormal jaw growth/position, orthodontic relapse, narrow palatal arch, and cavities.

Common signs may include:

- Persistent speech errors, often /r, sh, ch, s, j, l/
- Tongue thrust swallow past toddlerhood
- Messy eating in school-aged and older kids
- Chewing on only one side of the mouth
- Thumb/finger sucking
- Lips apart at rest
- Tongue on "floor" of mouth at rest
- Drooling
- Snoring



Learn More At

www.practicalspeechphilly.com

Did you
Know?

**Myotherapy is
often the best
way to treat an
OMD.**

How We Can Help

At Practical Speech Philly, we know how to screen for, diagnose, and treat OMDs.

With myotherapy, we can help your child:

- Pay closer attention to their mouth and facial movements.
- Know where their tongue and mouth muscles are when they speak, drink, and eat.
- Say sounds more clearly.
- Change how they chew and swallow.
- Practice different breathing patterns

Comprehensive, wholistic approach to therapy with home, in-office, school, and virtual sessions offered.



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Our 
amazing
therapist
Regina!



She is one of the few members of the International Association of Orofacial Myology in Philadelphia.