



5 Reasons Your Clients Are Not Progressing in Orofacial Myofunctional Therapy

Chatterton Myo Courses™

Orofacial Myofunctional Disorder

noun

: an orofacial myofunctional disorder (OMD) is a pattern involving oral and orofacial musculature that interfere with normal growth, development, or function of orofacial structures

1. There May Be An Underlying Condition

At the initial evaluation, we comprehensively evaluate each client with measurements of “typical” vs “atypical” to ensure that treatment can be successful for them. If there is an underlying condition, such as tongue-tie or tongue space, this may prevent the patient from succeeding. If a client is not showing clear signs of progression through their program, it is important to ensure nothing was missed in their health history.

Finding an underlying condition may mean that therapy needs to be paused until the condition can be evaluated and treated, but addressing it first ultimately helps ensure the patient's success in the program.

2. The Expectations Aren't Clear

As clinicians, we are committed to helping our patients correct their orofacial myofunctional disorder. But successful treatment requires commitment on the part of the patient, as well. Before working with a new patient, discuss the importance of their therapy, consistent practice, and their personal commitment to overcoming an OMD. It's imperative to make sure your patient fully understands what is required of them throughout this treatment program. If your patient is not committed to the program, their progress is inevitably stall.

As part of the Chatterton MyoProgram, we have created a client agreement that we recommend discussing at the start of therapy.

3. They Are Not Practicing

While attending weekly therapy is important in OMD treatment, completing their daily exercises is perhaps the most important thing your patient can do to ensure their success. Retraining tongue and orofacial muscle memory takes consistent and proper practice of the exercises that have been modeled during therapy sessions. Patients that make their exercises part of their daily routine find success much faster. Through documentation and daily therapy logs, we hold our clients accountable for their practice time.

4. They Are Not Doing The Exercises Correctly

During a therapy appointment, we give our patients feedback to ensure they understand exactly how to do each exercise correctly. However, it's important to remember that just because a patient is performing the exercise properly during the appointment, does not mean they will remember the proper technique at home.

To avoid improper practice and delaying their progression, Chatterton Myo Courses created an app that demonstrates each exercise. Patients can have a quick "refresher" on what they learned in therapy when they are at home days later. Patients who utilize the app progress much quicker than those who do not.

5. The Program You Are Using Is Not Comprehensive

Without a specific, detailed therapy program, some patients may see progress in their OMD treatment, but it could take months if not years to accomplish. Random exercises in a random order will not produce the results you or your patient desires.

When deciding on a program, ask yourself the following questions: Does this meet my patient's needs? Is it comprehensive or will we need additional resources? Is it appropriate for this patient's situation or health history? If the answer was no to any of these questions, it may be time to look for a different program.



The Chatterton MyoProgram™

Taking your clients through a succinct program will not only make you and your clients happy, it will bring you confidence knowing that you can help more people overcome Orofacial Myofunctional Disorders.

We have seen 1000's of patients follow the Chatterton MyoProgram™ and overcome their Orofacial Myofunctional Disorders, be able to breathe better, speak clearer, and move freer. We know it works!



Upcoming Courses in Boise, Idaho

The Chatterton MyoProgram™ credentialing course is an ASHA approved course that gives you the tools and resources you need to confidently diagnose and treat clients with orofacial myofunctional disorder. This 3 day, in-person training will prepare you to take an OMD client from evaluation to successful generalization.





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