

Myofunctional Therapy Exercises For Mouth Breathing

Myofunctional Therapy

A set of exercises that aim to increase tone and strength of tongue and throat muscles, hence reducing upper airway collapse during sleep in patients with Obstructive Sleep Apnoea (OSA)

Step 1
Scan the QR code to download the HealthBuddy app

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Log in via Singpass at the top right corner

Step 3
On the homepage, go to "Health Tools" and click on "Exercise diary"

Step 4
Scroll to the right, select "Myofunctional"

Step 5
Click on each exercise to access a tutorial video on how to perform it!

Selecting the "+" button and "next" will allow you to set up an exercise schedule and reminders to help achieve your goals

It is recommended to perform 2 sets of each exercise (10 minutes) twice daily for most effective results!

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Sengkang General Hospital
SingHealth

Myofunctional therapy exercises for mouth breathing have gained recognition as a valuable approach to address the underlying issues associated with this common condition. Mouth breathing can lead to various health problems, including dental issues, sleep disorders, and even developmental concerns in children. Myofunctional therapy focuses on correcting the oral and facial muscle function to promote nasal breathing and improve overall oral health. In this article, we will explore what mouth breathing is, the importance of myofunctional therapy, the exercises involved, and how they can benefit individuals of all ages.

Understanding Mouth Breathing

Mouth breathing occurs when an individual breathes through the mouth instead of the nose. This can happen for several reasons, including:

- Allergies
- Chronic nasal congestion
- Anatomical issues such as a deviated septum
- Enlarged tonsils or adenoids

Mouth breathing is particularly common in children, but it can also affect adults. It has been linked to several negative health outcomes, such as:

- Dental problems, including cavities and gum disease
- Altered facial development
- Sleep apnea and other sleep disorders
- Reduced oxygen intake, leading to fatigue and decreased cognitive function

The Role of Myofunctional Therapy

Myofunctional therapy is a specialized approach that involves exercises designed to improve the function of the oral and facial muscles. This therapy aims to restore proper muscle tone and function, encouraging nasal breathing and proper oral posture. Myofunctional therapy can be beneficial for individuals of all ages, particularly those who are habitual mouth breathers.

Benefits of Myofunctional Therapy

The benefits of myofunctional therapy for mouth breathers are numerous and can significantly improve an individual's quality of life. Some of these benefits include:

1. **Improved Breathing:** By encouraging nasal breathing, myofunctional therapy can help alleviate respiratory issues.

2. **Better Oral Health:** Proper oral posture and breathing can reduce the risk of cavities, gum disease, and other dental problems.
3. **Enhanced Sleep Quality:** Many individuals experience improved sleep patterns and reduced symptoms of sleep apnea.
4. **Facial Development:** For children, myofunctional therapy can promote proper facial growth and development.
5. **Increased Focus and Energy:** Improved oxygen flow can lead to better concentration and reduced fatigue.

Myofunctional Therapy Exercises for Mouth Breathing

Myofunctional therapy consists of various exercises that target the muscles of the mouth, tongue, lips, and face. Below are some effective exercises designed to help individuals transition from mouth breathing to nasal breathing.

1. Tongue Posture Exercises

Correct tongue posture is essential for proper oral function. The tongue should rest against the roof of the mouth when not in use. Here are exercises to help achieve this:

- Tongue Elevation:
 - Close your mouth gently.
 - Place your tongue against the roof of your mouth.
 - Hold for 5 seconds, then relax. Repeat this exercise 10 times.
- Tongue Press:
 - With your mouth closed, press your tongue firmly against the roof of your mouth.
 - Maintain pressure for 10 seconds and then relax. Repeat this exercise 10 times.

2. Lip Exercises

Strengthening the lips can help maintain proper mouth closure. Here are a few exercises:

- Lip Sealing:
 - Close your lips tightly without clenching your teeth.
 - Hold for 10 seconds and then relax. Repeat this exercise 10 times.
- Pucker and Smile:
 - Alternate between puckering your lips and smiling widely.

- Do this for 1 minute, ensuring that you engage your lip muscles fully.

3. Breathing Exercises

Breathing exercises can help promote nasal breathing and reduce reliance on mouth breathing:

- Nasal Breathing Awareness:
 - Sit comfortably with your back straight.
 - Inhale slowly through your nose for a count of 4.
 - Hold your breath for a count of 4.
 - Exhale slowly through your nose for a count of 4.
 - Repeat this cycle for 5 minutes, focusing on your breath.
- Diaphragmatic Breathing:
 - Lie on your back with your knees bent.
 - Place one hand on your chest and the other on your abdomen.
 - Inhale deeply through your nose, allowing your abdomen to rise while keeping your chest still.
 - Exhale slowly through your nose. Repeat for 5-10 minutes.

4. Chewing Exercises

Chewing exercises can strengthen the jaw muscles and promote proper oral posture:

- Chewing Gum:
 - Chew sugar-free gum for 10-15 minutes daily to engage the jaw muscles and encourage proper mouth closure.
- Soft Foods:
 - Incorporate foods that require more chewing, such as raw vegetables or tough meats, to strengthen jaw muscles.

Implementing Myofunctional Therapy

To effectively implement myofunctional therapy, follow these steps:

1. **Consult a Professional:** It's essential to work with a qualified myofunctional therapist who can assess your specific needs and create a tailored program.
2. **Schedule Regular Sessions:** Consistency is key in myofunctional therapy. Attend regular sessions, and practice exercises at home as recommended.
3. **Track Progress:** Keep a journal to monitor your breathing patterns, sleep quality,

and any changes in oral health.

4. **Involve Family Members:** Encourage family members, particularly children, to participate in exercises to promote a healthier environment.

Conclusion

Myofunctional therapy exercises for mouth breathing present a comprehensive approach to addressing the underlying factors contributing to this condition. By focusing on proper oral posture, breathing techniques, and muscle strengthening, individuals can significantly improve their health and well-being. If you or someone you know is struggling with mouth breathing, consider consulting a myofunctional therapist to explore the potential benefits of these exercises. Through commitment and practice, it is possible to transition to healthier nasal breathing, ultimately leading to a better quality of life.

Frequently Asked Questions

What is myofunctional therapy?

Myofunctional therapy is a type of treatment that focuses on correcting oral and facial muscle function to improve breathing, chewing, and swallowing patterns.

How can myofunctional therapy help mouth breathers?

Myofunctional therapy can help mouth breathers by retraining the muscles of the mouth and face to promote nasal breathing, which can improve overall health and reduce issues like sleep apnea.

What are some common exercises used in myofunctional therapy for mouth breathing?

Common exercises include lip seal exercises, tongue positioning exercises, and facial muscle strengthening exercises, all aimed at promoting proper oral posture.

Can myofunctional therapy be beneficial for children who breathe through their mouths?

Yes, myofunctional therapy can be particularly beneficial for children, as it can help prevent dental issues, speech problems, and improve overall development by encouraging proper breathing patterns.

How long does it typically take to see results from

myofunctional therapy?

Results from myofunctional therapy can vary, but many individuals may begin to notice improvements within a few weeks to a couple of months with consistent practice.

Are there any contraindications for myofunctional therapy exercises?

While myofunctional therapy is generally safe, individuals with certain medical conditions or severe orthodontic issues should consult with a healthcare professional before starting the exercises.

How often should myofunctional therapy exercises be performed?

It is generally recommended to perform myofunctional therapy exercises multiple times a day, often 3 to 4 times, as guided by a trained therapist.

Can adults benefit from myofunctional therapy for mouth breathing?

Absolutely! Adults can benefit from myofunctional therapy as well, particularly in reducing symptoms related to chronic mouth breathing such as dry mouth and sleep disturbances.

What role does a myofunctional therapist play in treatment?

A myofunctional therapist assesses the individual's oral and facial muscle function, designs a personalized exercise program, and provides guidance and support throughout the therapy process.

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