

FUTURE DENTAL

"We're changing lives... One smile at a time!"

Dr Bob Gibbins
Provider No 537122K

www.futuredental.com.au

Phone: (07) 4051 4580

Fax: (07) 4031 5226

Email: info@futuredental.com.au

Address: PO Box 824, Cairns 4870

www.dentalsleepmed.com.au

Introducing OMT to assist clients with Obstructive Sleep Apnoea (OSA).

The primary role of Orofacial Myofunctional Therapy (OMT) within the treatment of obstructive sleep apnoea is secondary to the evaluation of any physical obstructions which might require intervention by an ENT or dental practitioner.

Sometimes OMT alone is all that is needed or feasible, however in most circumstances, and depending on the case presentation, additional assistance is required. OMT has been demonstrated to significantly improve symptoms of OSA.

The primary goal of OMT is to restore correct, physically sound, and sustainable function for day and night to enhance the health outcomes for the individual.

There are several factors that need to be reviewed assisting a new client who has been referred for OMT regarding her breathing difficulties.

These include, but are not limited to:

- General posture.
- Head and neck posture.
- Oral resting posture.
- Soft tissue structures.
- Jaw position and operation.
- Current breathing style.

Often one 'dysfunction' can contribute to a significant list of dysfunctional compensations which may have developed over months, years, or decades.

These are often unrecognized by the clients and their family, and it is not unusual for them to be regarded as a "genetic trait".

The identification any dysfunction which may disrupt the client's ideal relaxed, gentle, and rhythmic nasal breathing, passive and active breathing pattern (day and night) is the basis for breathing rehabilitation.

This includes things such as, chewing and swallowing, speech, occupation, study and relaxation habits.

All are critical to the introduction of relaxed, restorative, diaphragmatic, nasal breathing.

The client often needs assistance with the strengthening of soft tissues through exercises and habit changes.

For instance, the tongue and oropharyngeal muscles (muscles in the breathing and swallowing area) may require strengthening, to support optimal nasal breathing whilst the muscles of the neck, head and jaw may need to be "taught" how to relax.

Changing dysfunctional habits requires neuroplasticity. This is where the brain is trained how to operate differently and recognise dysfunctions in the future.

OMT is a targeted program offered through **Future DENTAL** to all our adult clients with either Obstructive Sleep Apnoea, or Snoring, and is conducted by referral to Cathy Boyce, of Townsville Orofacial Myology. Cathy uses ZOOM meeting so assists clients all over Australia.

Contact Details: - 0423 926 236

admin@townsvilleofm.com.au

Regards, Dr Bob Gibbins, BSc HONS, Senior Consultant.

