



# *Ditch*

the tongue-tie

**Challenge**  
**January 2021**

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*Prepave*

# What To Do Before Lecture #1



#1: On the next page, you will find a copy of the discovery checklist that I use as part of my exam with clients.

To prepare for the 4 day mini-course, please complete your discovery checklist.

If possible, call your mom and get the low-down on you as an infant!

You can also write down any information that comes to mind so you don't forget it during the lecture!

#2: Read pages 9-10, and complete your Clarity Exercise on page 10.

Want to be entered to receive a copy of Jame's Nestor's new book, Breath? **Share a snapshot** of your workbook or clarity exercise on your social media and be sure to tag me, **@thetonguetrainer** to be entered to win!

#3: If you already know you want one of the spots for the full challenge and 10 complete lessons of myofunctional therapy instruction, email me [carmen@myofunctionaltherapy4u.com](mailto:carmen@myofunctionaltherapy4u.com) to get enrolled. (Pssst: if you're on the fence, don't waffle. There are limited spots and enrollment closes soon!)

#4: Get out a **big red marker** and block out your calendar to attend all lessons of the Ditch the Tongue-Tie Challenge. This is time for YOU. Do not let anything else interfere!



Clarity

# The "IMT" Difference



Our core focus is **you**.

You're the hero here. Hugs and high fives to you for caring enough to be here. To know that you need to make a change. To know that you have the power. You have the want. To see yourself breathing better.

Eating better.

Chewing better.

Swallowing better.

Free from sleep concerns, digestive high's and lows, and speech trouble.

We are only the cape. You're the superhero.

Working with Integrative Myofunctional Therapy is ***not about price***, it's about the UME. Our Unique Myofunctional Experience (UME) is the reason people work with us. Quite honestly, price is just a small part of the whole equation and should never be used as the deciding factor if you're considering making changes for the long term!

Not only do we deliver innovative myofunctional therapy through a variety of programs that work, but our proven process, meticulous framework, success stories, and unparalleled success support put you in the driver's seat to experience a life-changing new normal.

What you can expect when working with us?

First, we get your "truth story". Why are you here? We help you understand your current status, and get clarity on where you want to be one year from now, and why. (Point your ship for us!)

After all, fuzzy targets don't get hit right?

# The "IMT" Difference



What would the best year of your life look like?

What are your goals?

Why are these goals important to you?

What capabilities do you think are going to be important to achieve these goals?

We make an accountability pact with you.

We promise:

- Effective and efficient delivery of your program
- Instructions that are organized and clear
- Impactful content
- Unparalleled success support

You promise:

- Grace
- Patience
- Perseverance
- Massive action
- Practice
- A-Team effort

# Infancy / Early Childhood



Things to consider about your infancy....

- Any problems breastfeeding?
- Trouble with ear infections or tubes placed?
- Unhappy baby or diagnosed with colic?
- Spit up a lot?
- Gassy
- Failure to thrive?
- Reflux?
- Loud, messy eating?
- Difficulty transitioning to solids?
- Gagging, choking or coughing a lot?
- Chronic congestion?

# Airway / Breathing Concerns



Things to consider about your airway & breathing...

- Asthma or other breathing condition?
- Allergies?
- Do you have dry, chapped lips?
- Congestion or meds for congestion?
- Any nasal surgeries in the past or recommended?
- Tonsils or adenoids removed?
- Do you mouth breathe at all?
- Trouble catching your breath?
- Over-breathing?
- Sighing?



# Oral Resting Posture



Things to consider about your oral resting posture....

- Does your tongue, *tip to tail*, rest comfortably on the roof of your mouth?
- Does your tongue rest on the floor of your mouth?
- Do you have scalloped edges on your tongue?
- Do you rest with your mouth closed, teeth gently apart and lips sealed?
- Are your lips slightly parted at rest?
- Are you unable to bring your lips together?

# Digestive / Eating Behaviors



Things to consider about your digestion...

- Do you frequently suffer from digestive issues?
- Hiccupping, bloating, gas, acid reflux, or constipation?
- Do you have rapid eating behaviors?
- Do you eat incredibly slow?
- Do you chew adequately on both sides?
- Does your tongue thrust forward?
- Strong gag reflex?
- Trouble swallowing pills?

# Tongue-Tie



Things to consider about your tongue-tie history...

- Did you have a frenectomy or your tongue "clipped" as an infant?

Unfortunately, a frenectomy on an infant is quite different from that on an adult.

When an infant has the tongue released, it is usually to solve a nursing or eating issue.

The procedure may be a success as far as breastfeeding is concerned, but it is usually not adequate enough to prevent myofunctional impairments.

- Do you have family members with tongue-ties?

# Evaluate Oral Function



Fun, functional exercises to test the oral function of your tongue...

- Can you **elevate** your whole tongue?
- Can you **protrude** your tongue with control and no compensation?
- Can you **retract** your tongue?
- Can you **lateralize** your tongue side to side?
- Can you **reach** the last molars for cleansing?
- Can you **suction** the whole tongue up to the roof of the mouth?
- Can you reach the upper lip without compensation?

# Dental, Speech & Habit History



Let's evaluate your dental, speech and habit history...

- Do you have a high, narrow palate?
- Crowded teeth?
- Relapsed ortho?
- Did you have headgear?
- Did you have permanent teeth extracted to solve crowding?
- Expansion?
- Jaw surgery?
- History of speech therapy?
- Speech delay?
- Difficulty projecting voice?
- Thumb/finger sucking or other oral habit?

# Head, Neck, and Body



Things to consider about your head, neck, and body...

- Do you suffer from headaches?
- Do you have chronic upper body tension?
- How is your posture?
- Do you have a Dowagers hump?
- Do you have jaw or facial pain or tension?
- Are you being currently treated for TMD?
- Have you had TMD treatment in the past?
- Are you clenching or grinding your teeth?

# Sleep



Things to consider about your sleep ...

- Do you snore?
- Do you mouth breathe at night?
- Do you wake feeling unrefreshed?
- Do you lack motivation or energy?
- Are you grinding at night or wearing an appliance?
- Sleep in strange positions?
- Restless?
- Acid reflux?
- Sleep apnea diagnosed?
- Insomnia?

# Sleep



Sleep is one of the areas that people suffer immensely in. Do you just think that sleeping awful is your norm? Do you know that your body repairs and rejuvenates itself during your deep slumber? This means if you aren't sleeping well, it is time to get to the bottom of it, so you can halt the chronic degeneration associated with it.

The information below helps you identify the common symptoms of sleep apnea. It also helps you understand your risk factors for degenerative, chronic diseases. Use this tool to assist you in discussing sleep apnea risk with your doctor.

**Do you experience any of the following problems?**

- Daytime drowsiness
- Unrefreshing sleep
- Chronic fatigue
- Insomnia
- Lack of energy
- Poor motivation
- Mood swings

**Do you have any of these symptoms?**

- Frequent urination at night
- Irritability
- AM headaches
- Difficulty concentrating
- Decreased sexual interest
- Memory loss
- Chronic pain
- Gasping episodes
- Chronic snoring



# Sleep



Do you have any of these physical features?

- Obesity: BMI 30+
- Enlarged tongue or tonsils
- Large neck: 17"+ male, 16"+ female
- Small, recessed jaw
- Deviated septum or other nasal breathing barriers

Do you have any of these medical problems?

- Hypertension
- Diabetes
- Heart disease
- Alzheimers
- Dementia
- Asthma
- Chronic allergies
- Headaches
- Anxiety
- Depression
- Hypothyroidism
- Fibromyalgia
- Attention deficit
- Aggression
- Chronic pain

# Epworth Sleepiness Tool



How likely are you to doze off or fall asleep in the situations described below, in contrast to just "feeling tired"?

Even if you have not done some of these things recently, try to imagine how they would have affected you.

Use the following scale to choose the most appropriate number for each situation. It is important that you answer each question the best that you can.

- 0: Would never doze
- 1: Slight chance of dozing
- 2: Moderate chance of dozing
- 3: High chance of dozing

<u>Situation</u>	<u>Chance of Dozing (out of 3)</u>
Sitting and reading	_____
Sitting and watching TV or a movie	_____
Sitting and being inactive in a public place (meeting, class)	_____
Riding in a car for 60 minutes, without a break	_____
Lying down to rest or nap in the afternoon	_____
Sitting and talking to someone	_____
Sitting quietly alone, after lunch with no alcohol	_____
In a car, while stopped in traffic	_____

## Score Interpretation:

- 1-10: Normal range in healthy adults
- 11-14: Mild sleepiness
- 15-17: Moderate sleepiness
- 18+: Severe sleepiness

If you scored 11 or higher, you are encouraged to see a sleep specialist to diagnose and treat the cause of your sleepiness.

# Other Considerations



Other things to consider...

- Do you suffer from depression?
- Do you suffer from anxiety?
- Any history or diagnosis of inattentive disorders?
- Are you taking any meds for this?
- Sensory processing disorder?
- Oppositional defiance disorder?

# Other Notes





*Commit*

# Understanding the Outcome



# Can I Benefit From OMT?



Things to consider...

- Are you satisfying all 4 goals of OMT?
- How did you do with the functional assessment tests?
- Do your symptoms seem to connect with what you've learned about tongue-ties?
- Are you planning to have a frenectomy done?
- Are you looking for a band-aid or for root-cause resolution?
- Could you benefit from breathing better?

# What Are My Options



Traditional 1-on-1 Therapy:

Myo-Hybrid Therapy:

Ditch the Tongue-Tie Challenge:

Things to consider...

- When are you planning a frenectomy?
- How do you learn best? Will you be successful with group therapy style instruction or do you need 1-on-1 instruction?
- Do you have financial barriers?
- What is your flexibility?
- Do you need an accountability partner?
- Do you have more advanced needs?





Complete

# Comprehensive Health Team



Jumping into myofunctional therapy without consideration of who you may need on your team can cause some bumps along your wellness journey. Every person will have different needs when it comes to building this health care team. We are all just one piece of a much larger puzzle.

You may need some of these providers on your team. Go ahead and write down any names of providers/specialists that you already have a relationship with.

DOCTOR

NAME

EMAIL

MYOFUNCTIONAL THERAPIST

*Carmen* 😊

Carmen@myofunctionaltherapy4u.com

TONGUE-TIE DOCTOR

ALLERGIST

GENERAL PHYSICIAN

ORTHODONTIST

SLEEP DOCTOR

ENT

TMJ DOCTOR

BODYWORKER

CHIROPRACTOR

NUTRITIONIST

OTHER

OTHER

OTHER



# Lesson 1

Habit and Symptom Tracker: Please Fill This Out Every Night



Integrative Myofunctional Therapy

	M ___/___/___	T ___/___/___	W ___/___/___	TH ___/___/___	F ___/___/___	S ___/___/___	S ___/___/___
Stomach Pain/Digestive Issues							
Nasal Congestion							
Headache/Jaw Pain							
Upper Body Tension							
Other:							
Other:							
Other:							
Other:							
Tongue On the Spot	%	%	%	%	%	%	%
Nasal Breathing	%	%	%	%	%	%	%
Mouth Closed/Lips Sealed	%	%	%	%	%	%	%
Middle Of the Tongue	%	%	%	%	%	%	%

Notes:

	M ___/___/___	T ___/___/___	W ___/___/___	TH ___/___/___	F ___/___/___	S ___/___/___	S ___/___/___
Stomach Pain/Digestive Issues							
Nasal Congestion							
Headache/Jaw Pain							
Upper Body Tension							
Other:							
Other:							
Other:							
Other:							
Tongue On the Spot	%	%	%	%	%	%	%
Nasal Breathing	%	%	%	%	%	%	%
Mouth Closed/Lips Sealed	%	%	%	%	%	%	%
Middle Of the Tongue	%	%	%	%	%	%	%

Notes:

	M ___/___/___	T ___/___/___	W ___/___/___	TH ___/___/___	F ___/___/___	S ___/___/___	S ___/___/___
Stomach Pain/Digestive Issues							
Nasal Congestion							
Headache/Jaw Pain							
Upper Body Tension							
Other:							
Other:							
Other:							
Other:							
Tongue On the Spot	%	%	%	%	%	%	%
Nasal Breathing	%	%	%	%	%	%	%
Mouth Closed/Lips Sealed	%	%	%	%	%	%	%
Middle Of the Tongue	%	%	%	%	%	%	%

Notes:

Habit and Symptom Tracker: Please Fill This Out Every Night



Integrative Myofunctional Therapy

	M ___/___/___	T ___/___/___	W ___/___/___	TH ___/___/___	F ___/___/___	S ___/___/___	S ___/___/___
Stomach Pain/Digestive Issues							
Nasal Congestion							
Headache/Jaw Pain							
Upper Body Tension							
Other:							
Other:							
Other:							
Other:							
Tongue On the Spot	%	%	%	%	%	%	%
Nasal Breathing	%	%	%	%	%	%	%
Mouth Closed/Lips Sealed	%	%	%	%	%	%	%
Middle Of the Tongue	%	%	%	%	%	%	%

Notes:

	M ___/___/___	T ___/___/___	W ___/___/___	TH ___/___/___	F ___/___/___	S ___/___/___	S ___/___/___
Stomach Pain/Digestive Issues							
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Headache/Jaw Pain							
Upper Body Tension							
Other:							
Other:							
Other:							
Other:							
Tongue On the Spot	%	%	%	%	%	%	%
Nasal Breathing	%	%	%	%	%	%	%
Mouth Closed/Lips Sealed	%	%	%	%	%	%	%
Middle Of the Tongue	%	%	%	%	%	%	%

Notes:

	M ___/___/___	T ___/___/___	W ___/___/___	TH ___/___/___	F ___/___/___	S ___/___/___	S ___/___/___
Stomach Pain/Digestive Issues							
Nasal Congestion							
Headache/Jaw Pain							
Upper Body Tension							
Other:							
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Other:							
Tongue On the Spot	%	%	%	%	%	%	%
Nasal Breathing	%	%	%	%	%	%	%
Mouth Closed/Lips Sealed	%	%	%	%	%	%	%
Middle Of the Tongue	%	%	%	%	%	%	%

Notes:

# Lesson 1



## SPOT RUB 1 min, 2x daily

Correctly locate the SPOT with the tip of the tongue. Using a medium force, rub this spot in small circles or side to side. This exercise works to stimulate the nerve ending located at the SPOT, plus teach awareness. Rub the spot actively.

## PEANUT BUTTER RUB 2 min, 3x daily

Pretend you have a glob of peanut butter on the top of your mouth. Using the tip of the tongue, rub the top of your mouth as if you are trying to rub away the peanut butter. This exercise should be very active and involve plenty of pressure pushing to the roof of the mouth. Remember that pushing is muscle building!

## FAST CLICKS & TICK TOCKS 2 min, 2x daily

Fast clicks: For the first minute, click your tongue as fast as you can, try to keep your mouth open at least half way. I want you to have a good, strong "click". Make sure to keep your jaw still, and let your tongue do the work.

Tick-tocks: Now add in open and close the lips, starting with cheeks back to rounding the lips into a tight, puckered shape. Click again when the lips are puckered forward. Try to get the "tick-tick" real nice and small. Purse your lips forward with purpose!

## SUCTION & HOLD 2 min, 3x daily, (30 sec hold)

Make your tongue "stick" to the roof of your mouth by creating a suction. It may help to start by making a "click" sound with your tongue to warm up. Open your mouth as wide as you can, keeping your tongue suctioned up. Remember to keep your cheeks back and the entire tongue inside of the upper teeth. Don't let the sides of the tongue droop down. Hold for the assigned number of seconds. Relax. Repeat. It is very important that you master suction and hold.

## ONE ELASTIC HOLD 1x daily, 15 min

Place elastic on the tip of the tongue; place the elastic up to the "SPOT" and hold. Relax teeth together and close the lips. ALWAYS use the elastic for this exercise. Keep the elastic on the spot, even when you have to swallow and start to let the tongue move in a nice wave. Lips must be sealed and nasal breathing must be happening! If you can't keep your lips together, slide a second elastic in between the lips for a "modified" elastic hold!













# Free Resources For You



I don't take the term "myofunctional educator extraordinaire" lightly. I want to help you understand what myofunctional therapy is, why it's necessary and how to get started, so I've spend hundreds of hours each year educating my tribe.

I have created some free resources for you, in addition to my blog, YouTube channel and Facebook group.

## FREE DOWNLOADS

Self-Assessment Tool:

<https://carmen-woodland.mykajabi.com/quickassessment>

Getting Started Guide:

<https://carmen-woodland.mykajabi.com/gettingstarted>

The Ultimate Guide To Tongue-Ties:

<https://carmen-woodland.mykajabi.com/ultimateguidetotongueties>

The Ultimate Guide To Orofacial Myofunctional Therapy:

<https://carmen-woodland.mykajabi.com/the-ultimate-guide-to-orofacial-myofunctional-therapy>

## OTHER EDUCATIONAL RESOURCES

Our website: <https://www.myofunctionaltherapy4u.com/>

Our blog: <https://www.myofunctionaltherapy4u.com/blog/>

YouTube : [https://www.youtube.com/channel/UC79c1tAEzXUm\\_0Ax5vNul2A?view\\_as=subscriber](https://www.youtube.com/channel/UC79c1tAEzXUm_0Ax5vNul2A?view_as=subscriber)

Tongue-Tie & Myofunctional Therapy Support Group:

<https://www.facebook.com/groups/429750370782809>