

**REMplenish™ Myo-Nozzle supported
Myofunctional Therapy**
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Patient History

5 year old male with a history of 6 months of speech therapy with no progression in the remediation of lateral and interdental lisps. A speech language pathologist referred the child to a dentist due to concerns with tongue thrust, the dentist then referred him for myofunctional therapy. The parents reported good sleep with no abnormalities except open mouth breathing and occasional bedwetting. The parents wanted to see an improvement in his speech therapy progression and mouth breathing with only myofunctional therapy. They did not intend to release the tethered lingual frenum or pursue orthodontic intervention.

Myofunctional Therapy Assessment Findings

- Open mouth chewing
- Weak soft palate lift
- Narrow arches with occlusal overflow of the tongue when engaged in lingual palatal suction
- Labial dependence on protrusion of tongue
- Jaw dependence on lateralization and protrusion of tongue
- Low tongue rest posture and inability to cup the tongue
- Difficulty engaging the posterior tongue, functional restriction due to lingual frenum



Myofunctional Therapy Plan

Began myofunctional therapy on a 2-week interval between appointments. The child was compliant with the program including use of the REMplenish™ Jr Myo-Nozzle plastic 18 oz BPA free bottle. He was instructed on proper use and to drink a minimum of 18oz daily. After the first two days the parents reported daily use of REMplenish Jr Myo-Nozzle with little difficulty.

Outcomes

The final reassessment for this study occurred after only 2 myofunctional therapeutic sessions between start and end points.

The following improvements were observed

- Lingual palatal seal and suction engaged throughout the palate. Posterior region engaged wherein there was difficulty at start of therapy.
- Jaw dependence on lateralization improved. Able to lateralize tongue without the accompaniment of the mandible.
- Ability to hump and engage the posterior tongue at will.
- Soft palate lift improved with uvula elevating up at 2/3 the length in comparison to initial inability to engage.



Myofunctional Insights

During the study, this patient only engaged in breathing exercises, nasal hygiene, and tongue cupping exercises. **Improvements in areas of palatal suction, posterior engagement and soft palate elevation are associated with the use of the REMplenish Jr bottle only.**