

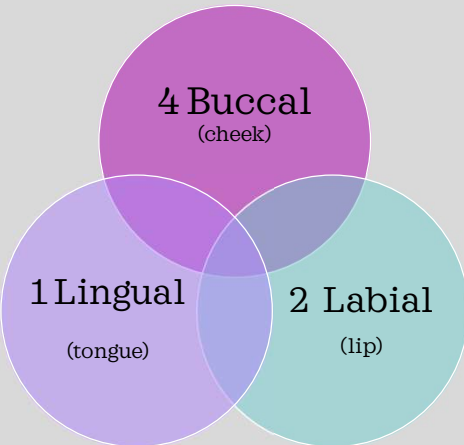
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TOTS SURGICAL TEAM CHEAT SHEET



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1

Tethered Oral Tissues are frena that are too tight, too short, too thick or in an atypical location.



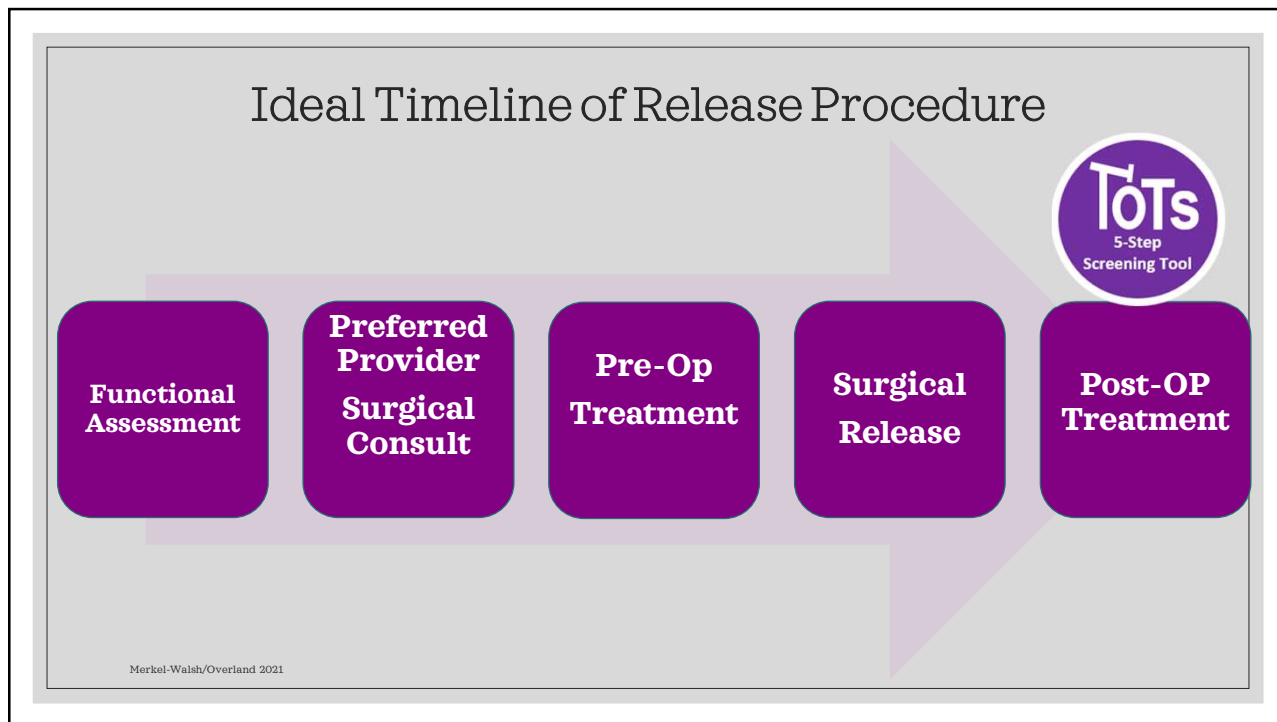
4 Buccal  
(cheek)

1 Lingual  
(tongue)







2 Labial  
(lip)

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2



3

-  Check licensing and certification of professionals
-  Be sure the professional has training in TOTs
-  Understand there may be a wait for therapists
-  Know wounds care /stretches is not the same as therapy
-  Understand In-network vs. Out of Network benefits
-  Know your deductible and out of pocket costs

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## Before booking a release procedure you should....

4

<p>Which provider?</p> <p><small>Merkel-Walsh/Overland 2021</small></p>	<hr/> <p><b>The pre-op assessment and therapy should be based on signs and symptoms of the patient</b></p> <hr/>
	<p><b>There is no one size fits all</b></p> <hr/>
	<p><b>There is no cookie cutter program</b></p> <hr/>
	<p><b>Therapy should not be on a ditto to do yourself at home</b></p> <hr/>
	<p><b>Each session is an assessment of current needs and adjustment for optimal outcomes</b></p> <hr/>

5

**FUNCTIONAL PROVIDERS**

oral motor-feeding-speech-orofacial myofunctional

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6

# IBCLC

- International Board-Certified Lactation Consultant
- Gold standard for the breastfeeding dyad
- Supports both mother and baby in the breastfeeding journey

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7

# OT

- Occupational Therapist (may also be listed at OTR/L meaning registered and licensed)
- An OT can treat sensory integration disorders, posture, fine motor, oral motor, feeding, activities of daily living, picky eating and perform wound care.

# PT

- Physical Therapist (may also be listed as DPT)
- Treats muscle weakness and imbalances, gross motor, pain management, posture & alignment, sensory integration disorders, and performs wound care .

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8

<h1>SLP</h1>	<ul style="list-style-type: none"> <li>• Speech and Language Pathologist</li> <li>• Pre-feeding, oral motor, feeding across the lifespan, articulation, speech, orofacial myofunctional therapy, dysphagia, picky eating</li> </ul>
<h1>RDH</h1>	<ul style="list-style-type: none"> <li>• Registered Dental Hygienist</li> <li>• Early dental screenings, dental care, wound management and oral myofunctional therapy</li> </ul>

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9

<h1>OMT</h1>	<ul style="list-style-type: none"> <li>• “Orofacial Myofunctional Therapist” is a term some providers associate with.</li> <li>• This is not a licensed profession, but rather orofacial myofunctional therapy is a treatment modality that varies in the world. For example, in some countries the dentists themselves do this therapy. In the USA only SLPs and RDHs have orofacial myology specifically listed in their scopes of practice.</li> </ul>
<h1>COM<sup>®</sup></h1>	<ul style="list-style-type: none"> <li>• Board Certified Orofacial Myologist<sup>®</sup></li> <li>• An SLP or RDH with specialized training and certification, with continuing education requirements, from the International Association of Orofacial Myology.</li> <li>• COMs treat poor oral resting posture, perform strength and resistance training, conduct habit elimination, treat oral phase of feeding/mastication, and help improve oral motor mobility and range of motion.</li> </ul>

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10

**BODYWORK AND  
ALTERNATIVE  
MEDICINE**

Healing-well being-pain management

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11

<h2>Osteopath</h2>	<ul style="list-style-type: none"> <li>• Doctor of Osteopath</li> <li>• Alternative medicine that emphasizes physical manipulation of the body's muscle tissue and bones.</li> </ul>
<h2>DC</h2>	<ul style="list-style-type: none"> <li>• Chiropractor</li> <li>• Diagnosis and treatment of disorders of the neuromuscular and skeletal system with a focus on manual manipulation and pain management.</li> </ul>
<h2>CST</h2>	<ul style="list-style-type: none"> <li>• Craniosacral Specialist/Therapist</li> <li>• Light touch to encourage the body's self-correcting mechanisms.</li> <li>• This therapy is often done by OTs, PTs and other licensed professionals as a treatment modality.</li> </ul>

12



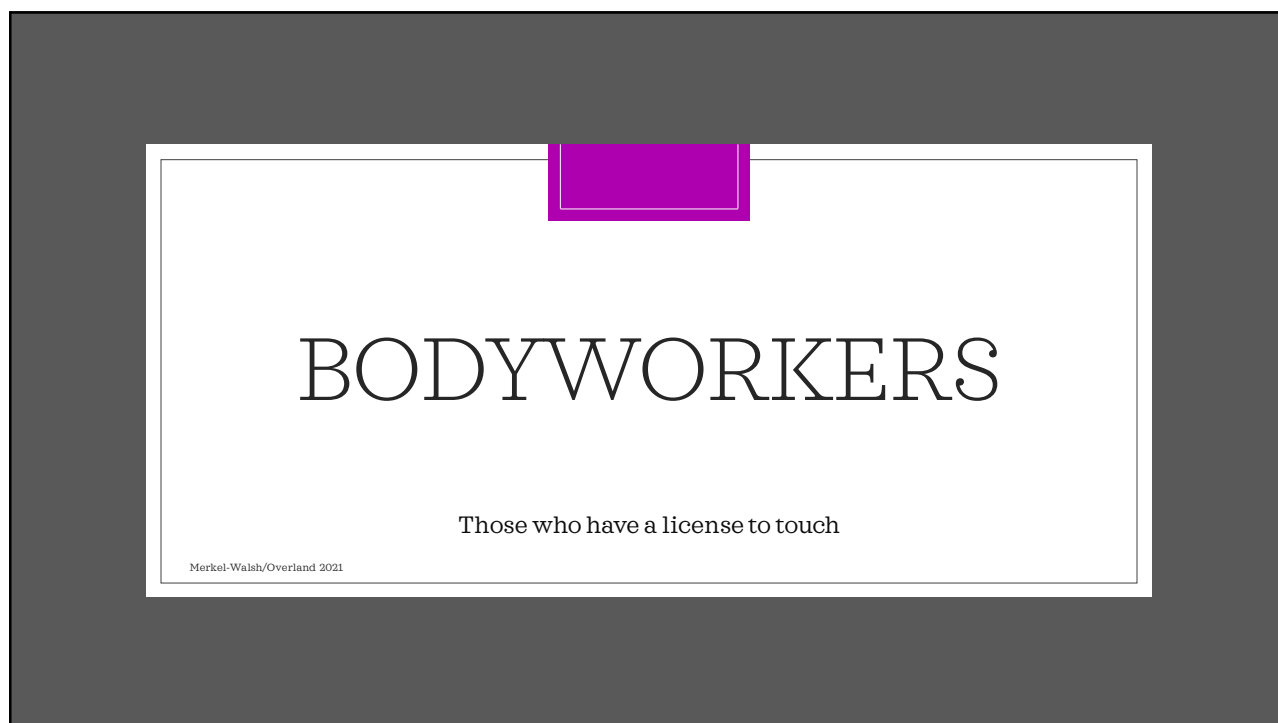
**LMT**

- Licensed Massage Therapist
- An LMT will manipulate the soft tissue of the body to treat pain, discomfort, injuries, stress or other conditions of their client.

**DO**

- Doctor of Osteopathic Medicine
- Osteopathic manipulative treatment involves using the hands to diagnose, treat or prevent injuries or illnesses.

13



**BODYWORKERS**

Those who have a license to touch

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14

Bodywork is a general term that encompasses many manual techniques that help a patient with muscle tension and tightness, reflex integration and sensory processing before and after a frenectomy (release) procedure, Examples are:

<p><b>TummyTime™</b></p> <ul style="list-style-type: none"> <li>• OT</li> <li>• PT</li> </ul>	<p><b>CranioSacral Therapy</b></p> <ul style="list-style-type: none"> <li>• OT</li> <li>• PT</li> <li>• Nurse</li> <li>• Osteopath</li> </ul>	<p><b>Massage</b></p> <ul style="list-style-type: none"> <li>• LMT</li> <li>• PT</li> </ul>	<p><b>Orofacial Myofunctional Therapy</b></p> <ul style="list-style-type: none"> <li>• SLP</li> <li>• RDH</li> </ul>
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15

IMPORTANT

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**Dysfunction of oral motor skills requires direct work on re-educating the muscles and motor systems of the oral motor system. Other therapies may compliment but do not replace oral motor. (Merkel-Walsh, 2019)**

16



Age and cognitive status is important!

Over 4 years =  
Orofacial  
Myofunctional  
therapy

Under 4 years of  
children with special  
needs = oral motor  
and feeding therapy

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17

# SURGEONS

Those who perform frenectomies

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18

<p><b>DDS</b></p>	<ul style="list-style-type: none"> <li>• Doctor of Dental Surgery</li> </ul>	<p>NOTE: Both of these dentists graduated from an accredited dental school. The DDS (Doctor of Dental Surgery) and DMD (Doctor of Medicine in Dentistry or Doctor of Dental Medicine) are the same degrees.</p>
<p><b>DDM</b></p>	<ul style="list-style-type: none"> <li>• Doctor of Dental Medicine</li> </ul>	<p>Dentists who have a DMD or DDS have the same education. It's up to the universities to determine what degree is awarded, but both degrees use the same curriculum requirements.</p>

19

<p><b>MD/DDS</b></p>	<ul style="list-style-type: none"> <li>• Dually certified</li> <li>• Doctor of Medicine and Dental Surgery</li> <li>• Usually considered an oral surgeon</li> <li>• More likely to use a laser than scissors</li> </ul>
<p><b>ENT</b></p>	<ul style="list-style-type: none"> <li>• Doctor of the Ears, Nose and Throat also known as an otolaryngologist</li> <li>• Can perform surgery of the head and neck, less likely to use a laser for release</li> </ul>

20



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### Airway Dentistry and Orthodontics

- Airway dentistry is a new and growing field that's focused on the structure of the mouth and how that impacts your breathing. They look for sleep-disordered breathing by looking for signs of mouth breathing when you're sleeping.
- Airway Centered Orthodontics is a technique to straighten the teeth and jaw in a manner that opens the airways to enhance breathing and prevent airway issues. In traditional orthodontics, the use of headgear appliances and the extraction of permanent teeth can both narrow and limit the airway.
- They consider how dental health impacts the whole body and not just the cosmetic appearance of the teeth.
- An airway orthodontist is trained in the impact of TOTs on feeding, sleep, speech and airway health.

21

For More  
Information

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[www.iaom.com](http://www.iaom.com)

[www.talktools.com](http://www.talktools.com)

[www.robynmerkelwalsh.com](http://www.robynmerkelwalsh.com)

[www.alphabetsouptherapy.com](http://www.alphabetsouptherapy.com)

[www.oralmotorinstitute.org](http://www.oralmotorinstitute.org)

[www.thebreatheinstitute.com](http://www.thebreatheinstitute.com)

[www.aapmd.org](http://www.aapmd.org)

22