



MYOLAVITA LLC THERAPY CONSULTATION PREP GUIDE



How To Get Started with
Myofunctional Therapy

www.myolavita.com

Why Patients Come To See Us



The Orthodontist Referred
for a Tongue Thrust



They Think They May Have
a Tongue Tie



They Snore or Have
Sleep Apnea



They Struggle with Mouth
Breathing or Congestion



They Suffer from Jaw Pain,
TMJ, or Headaches



They Clench or Grind Their
Teeth

What To Expect In Our Consultation



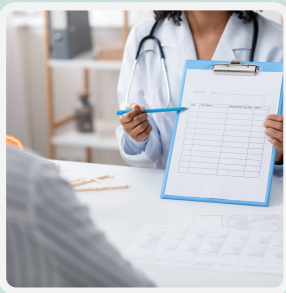
Overview of What Myofunctional Therapy is and Why It's Important for Your Overall Health

Is this the first time you have heard about myofunctional therapy? We are going to talk about everything from tongue thrust, tongue ties, and low tongue posture and why they can impact your overall health. We will talk about why you were referred to us and how it applies to your health. We will connect the dots of what you are experiencing and how we can address the root causes to achieve results.



In Depth Evaluation of Your Symptoms

We will do a deep dive from the day you were born to your current symptoms. We will address the root cause of your symptoms, evaluate compensations and how your body has been working around your symptoms. Our job is to get to the root cause of why you are having dysfunction in the muscles of the face, head, neck and tongue.



Customized Treatment Plan to Meet Your Needs

Our job to is figure out the best plan forward to meet your needs. We want your muscles to work for you instead of against you. There are 100s of exercises that we can teach you, but our goal is to tailor a plan for you. No cookie cutter programs here!



Goal Setting to Achieve Optimal Results

We are not going to have you in treatment with no end goals or end in sight. We are not going to make you pay session after session after session with no direction or sense of final outcomes. What would be the point of that? Our goal to be with you from start to finish so that you can be out of pain or out of braces, or sleeping better and never look back! It's vital to be able to complete therapy for best results and not be stuck in it for years.



An Overview of Our Comprehensive Care Process

Most patients who qualify for our comprehensive therapy spend about 6-8 months in treatment with us. Generally speaking, we work with you every 2-3 weeks for 30-45 minutes to address the tailored goals you created during your comprehensive consultation. If a tongue-tie release or a frenectomy is a part of your treatment plan then we will help you plan with the appropriate provider about 8-10 weeks into the program.

Top 6 Obstacles of Why Patients Don't Move Forward



The Upfront Cost Feels Like A Lot

We work with every budget! We have several options for treatment to meet our patients needs. Most patients are able to save themselves the extra time in braces or need to spend money for them again. They save money by not breaking any more teeth or needing new night guards. The initial investment is designed to save you money for years to come!



The Speech Therapist Said They Will Bill My Insurance

We collaborate with speech therapists on some of our cases when necessary. Speech therapy and myofunctional therapy differ in that as dental hygienists we are looking at the mouth and body as a whole. We are looking at overall function and quality of life. Speech therapy focuses on speech and articulation. Myofunctional therapy focuses on the big picture and preventing any relapse in symptoms down the road.



This Is The First Time Anyone Has Ever Told Me

Were you surprised to hear that you may need myofunctional therapy? We hear this all of the time. Most providers do not learn anything about tongue tie and oral function in school. We have to specialize and continue to learn when we are out of school. When we know more, we do better! Which is why you are here.



I've Always Been This Way...Why Change?

When we know better, we do better. Your health isn't about staying the same and dealing with symptoms, because that's just how we are or have always been. If you could thrive in your life instead of just survive, would you want to?



I Need To Talk to My Partner Before Committing to Anything

We ask that all parties who are responsible for health decision making to be apart of the comprehensive consultation. That allows us to use our time in the best way possible and answer any questions during our time together. If your partner isn't available for the call, we will reschedule for a time that they are.



I Want to Do Several Consultations

We encourage you to get more than one consultation to see who may be the best fit for you. However to make the most of our time, we want to make sure you have all the information you need prior to our call to ensure we use our time for you.

Get To Know Us



MYOLAVITA Myofunctional Therapy was the 1st!

Vita was the first dental hygienist in Bucks County, PA to practice myofunctional therapy! With over 12 years of working in dental offices specializing in TMJ, Periodontal disease and mouth rehabilitation cases, Vita has accumulated valuable expertise in the field. By combining dental expertise and Myofunctional therapy, Vita was able to help her patients improve TMD pain, achieve better sleep, and improve overall breathing outcomes.



We have a 99.7% Success Rate!

MYOLAVITA LLC -has been able to work with over 200 clients since 2020. Only two clients have come back for some tune ups, but never another full program! Our philosophy is that those who are fully committed see the long term results and do not have to come back for more.



We Believe in Comprehensive Care

We are with you from start to finish. From your initial consultation until we reach the goals we set together for your treatment program. We have seen that when we work with clients in a full program versus session by session that clients don't have to spend years with us and they are able to reach their goals in a 6-8 months!



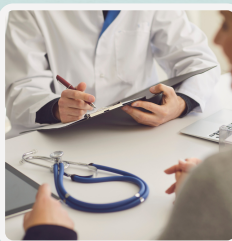
We Offer Flexibility to Meet Your Lifestyle

We work with clients virtually, so you can get your best results from the comfort of your own home. When you have good lighting and a good Internet connection, you can do everything via Zoom. We save you commute time from appointment to appointment and offer the flexibility needed in today's busy schedules.



We Offer Family Therapy Options

Myofunctional disorders are very common amongst more than one person in the family! We know it can be difficult to afford treatment for each individual member, so we don't make you choose! We offer options for the whole family at a discounted cost. When families work together they get amazing results!



We Work With Your Doctors

Whether you're pursuing myofunctional therapy on its own or as part of a greater treatment plan, we work with you (and your outside providers) to design a comprehensive therapy program for lasting results.

Frequently Asked Questions



What is Myofunctional Therapy?

Myofunctional Therapy is a type of treatment that looks at the way the tongue and oral muscles move and function. Many people experience low muscle tone and swallowing issues that can lead to health problems. Myofunctional therapy is based on a series of exercises that help clients learn to change bad habits. This improves tongue placement, breathing, speaking, chewing and swallowing, which can have a huge impact on their overall health and well-being. Clients experience a variety of myofunctional issues. It can sometimes be overwhelming when you start learning about myofunctional therapy.



Do You Accept Insurance?

We know that healthcare costs can add up, but MYOLAVITA cannot directly bill insurance. We are considered an out-of-network provider.

Working with an out-of-network provider makes the treatment plan costs more transparent for both the provider and the client and allows us to work for you rather than insurance companies. Costs are laid out up front and there are no hidden fees, co-pays, or premiums. The MYOLAVITA team prefers to work directly for the patients that hire us, rather than for insurance companies that dictate the time spent with patients and determining what is worth spending time on.

We aim to fully educate and empower you during our time together, which isn't always possible following insurance guidelines. We also offer direct access which prevents excess appointments, getting referrals, and waiting for openings.

Time and effort are valuable, so we want to make the most of our time together rather than following codes for care.

We do understand that cost can be a barrier and we have a variety of treatment plans and options to fit most budgets.

We can accept FSA and HSA health accounts as a form of payment and provide the appropriate receipts.



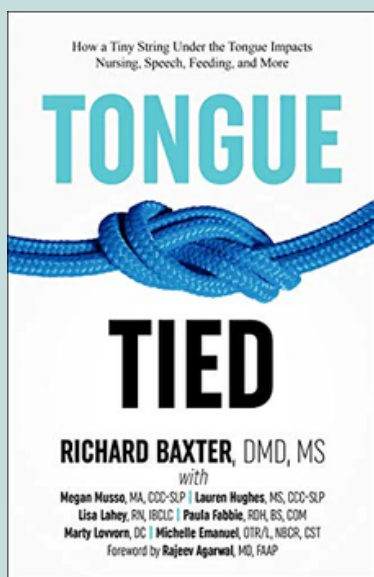
How Do I Know This Will Work for Me?

During your comprehensive consultation our job is to determine your symptoms, needs, and goals for your customized treatment plan! When we get to the root cause of the issues at hand, we are able to work backwards from the cause to solution for long term optimal health. We do not offer band aid type health treatments to mask this issues and kick them down the road. We are here to help get to the root of the symptoms and offer treatment that addresses and improves them. Clients who are committed to the process will see results. We have a 99.7% success rate that supports that!

[Click Here for Our Full FAQ Page](#)

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Resources

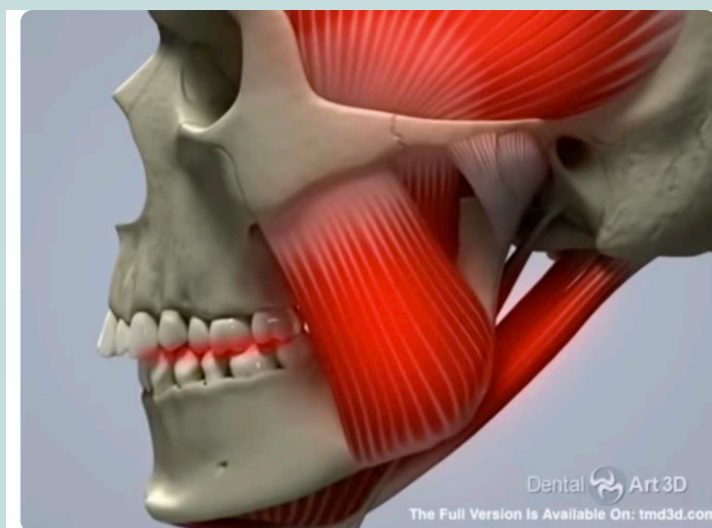


Laryngoscope
Investigative Otolaryngology
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Lingual Frenuloplasty with Myofunctional Therapy: Exploring Safety and Efficacy

ANKYLOGLOSSIA aka TONGUE TIE	INTERVENTION	OUTCOMES
<p>Restricted Tongue Mobility</p> <p>Breathing, Eating, Speaking, Muscle Tension Issues</p>	<p>MYOFUNCTIONAL THERAPY (strengthen tongue)</p> <p>- > 1 month pre-op - > 2 months post-op</p> <p>+ LINGUAL FRENULECTOMY</p> <p>Scissor and Suture Technique</p>	<p>n = 348 (83% response rate)</p> <p>- Ages 29 months - 79 years</p> <p>Patient Surveys</p> <ul style="list-style-type: none"> - 91% Satisfaction - Improvement in: <ul style="list-style-type: none"> * Mouth breathing: 78% * Muscle tension: 77% * Snoring: 73% * Clenching: 91% - Minor Complications: <5% <p>CONCLUSION</p> <p>Frenuloplasty + myofunctional therapy can be safe and effective</p>

Zaghi S, Valcu-Pinkerton S, Jabara M, Norouz-Knutsen L, Govardhan C, Moeller J, Sinkus V, Thorsen R, Downing V, Camacho M, Yoon A, Hang W, Hockel B, Gulleminault C, and Liu S
DOI: 10.1002/lto.2.297
#VisualAbstract created by Jennifer Willcock, MD @docwork



Airway and TMJ English

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Myofunctional Therapy to Treat Obstructive Sleep Apnea: A Systematic Review and Meta-analysis

CONCLUSION

Current literature demonstrates that myofunctional therapy decreases AHI by approximately 50% in adults and 62% in children. Lowest oxygen saturation, snoring, and sleepiness outcomes improve in adults. Myofunctional therapy could serve as an adjunct to other OSA treatments.

Contact Info



VIRTUAL TELEHEALTH



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Zoom Based Virtually

We Are Wherever You Are

