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Orofacial myology in the 21st century

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The field of Orofacial Myology has been emerging for more than forty years. There have been many disciplines that have attempted to deal with malocclusion and the stability of changes made by dentistry and orthodontics, but the field of Orofacial Myology has now begun to be recognized as pivotal with regard to the need to also change muscle function. The fact that muscle can remodel bone with properly designed and prescribed exercises is making a difference in patients of all ages. Orofacial Myology deals with issues such as mouth breathing due to allergies, low muscle tone or just habit, tongue thrust, where teeth can be moved by improper rest postures of the tongue and lips creating anterior and posterior open bites and cross bites, thumb, finger and pacifier habits which create open bites and cross bites, poor speech production because of low, forward tongue posture and weak and underdeveloped muscles of the tongue, forward head posture from an open mouth rest posture, snoring and sleep apnea as a result of open mouth breathing and enlarged tonsils and adenoids, all of which produce total body dysfunction. Orofacial myology addresses these behaviors from an educational perspective, retraining muscles through a series of exercises designed to change the neural behavior of the client, adopting sensory motor techniques and involving families and caregivers to facilitate practice of the exercises. The discussion will cover a brief history of Orofacial Myology, the changes that have occurred in the field, before and after photographs showing the results of therapy and a perspective on where this field is heading.

Biography

Sandra R Coulson began her career as a public school Speech Therapist (1965). She taught in the Public School District, Tacoma, Washington for

five years, where she was the Chair of a Special Education Department dealing with children with special needs. She became a US Public Health Stroke Therapist; worked as itinerant Speech Therapist for Denver Public Schools; taught personal adjustment courses for the Community College of Denver and began a private practice in Orofacial Myology specializing in dental anomalies. She has been a member and leader in several organizations including: Chairman of the DADE Study Club, a large, Denver-based organization for the study of temporomandibular joint dysfunction; Board Member and President of the International Association of Orofacial Myology; Board Member of the National association of Women Business Owners and the President and Owner of the Coulson Institute of Orofacial Myology. She is a recognized expert in her field, speaker at international meetings and teaches courses internationally. She assumed the position of Clinical Professor of Orofacial Myology for the University of Behavioral Health Sciences in 2017. She is a sought-after speaker in her field and delivers many commencement addresses.

Roger Price is the Director of Professional Services at The Graduate School for Behavioral Health Sciences, a registered US University delivering live, interactive online Certification and Degrees in the fields of Orofacial Myology and Breathing Behavior Analysis. The University also offers a Masters Degree in Applied Breathing Sciences -as many chronic health disorders have their origins in dysfunctional behavior patterns created over time - resulting in symptoms and deficits. Roger Price is a much sought after speaker, both locally as well as internationally and is the recipient of the 2016 International Functionality Association Lifetime Award for his contribution to Form and Function. His presentations are entertaining, educational, sprinkled with anecdotes and humor, and are based both on scientific facts and good old common sense.

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