

Oral-Pharyngeal Function

Myofunctional Therapy (Proffit)

Myofunctional therapy developed from the idea that teeth are easily displaced by soft tissue pressures, and evolved to specific procedures claimed to correct tongue thrusting to facilitate closure of anterior open bite. It survives despite a lack of evidence to support it.

Outline:

- 1) The beginning of myofunctional therapy: orthodontics without appliances?
- 2) The tongue did it: where did that thought come from?
- 3) Myofunctional therapy and orthodontists
- 4) Myofunctional therapy and speech therapists

Preparation: Read:

1. *Contemporary Orthodontics*, 5th edition, pp 139-141.
2. Straub WJ. Malfunction of the tongue. *Am J Orthod* 47:596-617, 1961.
3. Proffit WR, Mason RJ. Myofunctional therapy for tongue thrusting: background and recommendations. *J Am Dent Assn* 90:403-411, 1975.