

# ELITE MYOFUNCTIONAL THERAPY CONSULTATION PREP GUIDE



How To Get Started with  
Myofunctional Therapy

[www.elitemyofunctionaltherapy.com](http://www.elitemyofunctionaltherapy.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 is to 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 is 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're like superheroes on a mission to help our clients, and sometimes we call on our trusty sidekick, the speech therapist, for backup. While speech therapy zeroes in on speech and articulation, our myofunctional therapy takes a holistic approach, examining the mouth and body as a unit. We're always on the lookout for the bigger picture, striving to enhance overall function and quality of life. Plus, we're not just about fixing the symptoms now, we're all about preventing any relapses down the road.



## This Is The First Time Anyone Has Ever Told Me

Did the idea of needing myofunctional therapy catch you off guard? You're not alone! Most providers don't cover the ins and outs of tongue tie and oral function during their studies. Luckily, we're specialists who don't stop learning even after we graduate. And that's why you're here: to benefit from our expertise and experience.



## 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? Check out this video to learn more: [I've Always Been This Way...Why Change?](#)



## 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



## Elite Myofunctional Therapy

Meet Bernalea, the founder of Elite Myofunctional Therapy. She found myofunctional therapy through research as a way to further help her patients in the dental chair. She found way to not only help them get out of pain, but also change the trajectory of their life, to help them stop surviving but to truly thrive!



## We have a 99.7% Success Rate!

Elite Myofunctional Therapy has been in the dental field for over 20 years. Myofunctional therapy is an extension of that. 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 patients in a full program versus session by session that patients 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

Who says you need to step out of your comfy abode to get the best care? With us, you can skip the waiting room and get treated in the comfort of your own home. All you need is a decent internet connection and a sunny spot, and our team will beam into your space via Zoom. No more racing across town, wasting time in traffic or waiting around in a sterile office. We know life is busy, so we've got your back with the flexibility you crave.



## 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.

# Hear from Our Patients:

## Daryl's Story



**Daryl Dagley**

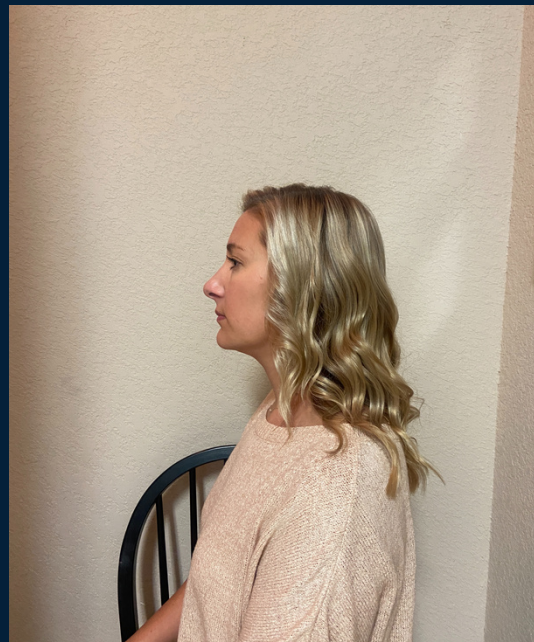
4 reviews · 1 photo

★★★★★ 11 months ago

Bernalea was wonderful in prepping me for my tongue tie release. Once I had the procedure she was available 24/7 for every question and concern I may have had. Sessions were enjoyable and she was so supportive and encouraging. Since she has been through the process herself, she understands the difficulties of each step and has wonderful advice. My youngest son is about to begin with her as well!



*Before*



*After*

### **Myofunctional Therapy Journey**

**No longer waking up several times throughout the night.**

**No longer needed medication for GERD.**

**No longer suffering with digestive concerns.**

**Decreased headaches from daily to 1-2 times/month.**



# Hear from Our Patients:

## TMJ Story



“And I’m feeling so much better! I feel silly because we only had one session but keeping my tongue in the right spot has really seemed to fix the masseter pain! Obviously I’m still cautiously optimistic because it’s so early, but I’m beyond ecstatic! I can’t thank you enough already And mouth taping has not been an issue at all so that’s going well too”

### **Myofunctional Therapy Journey**

After seeking care with several providers, including orthodontist, TMJ specialists, massage therapy, dry needling, dentists, and more. Client was not able to find any relief to her pain. After just one session-client reported pain has stopped completely!

# Hear from Our Patients:

## Storytime



### Initial Concerns from Mom:

"Hi I wanted to let u know that we (mom and dad) observed a lot of clarity in his speech. his sounds are starting to become much clear and he is less stuttering. I asked him if he feels the difference-he said that yes I stutter less because I could say words easily now."

Age 9

### Myofunctional Therapy Journey

Currently in active therapy. In these photos, he has not had a release. He has been through palatal expansion prior to starting therapy. These photos are one month into therapy. He has had a release and is doing even better. He is sleeping better, without having to use an elevated pillow every night.

Mom and Dad are stating that his speech has improved even more, he is no longer munching his food, but rather chewing the food.



# Frequently Asked Questions



## What is Myofunctional Therapy?

Peek into the world of Myofunctional Therapy, where tongue and oral muscles take center stage. Some folks struggle with weak muscles and swallowing woes, posing potential health risks. But, fret not! Myofunctional Therapy has a trick up its sleeve: a set of exercises that can help patients ditch bad habits, like poor tongue placement and breathing, and improve speaking, chewing, and swallowing. The transformation can be life-changing, but let's not forget that Myofunctional Therapy can be a bit overwhelming at first.



## Do You Accept Insurance?

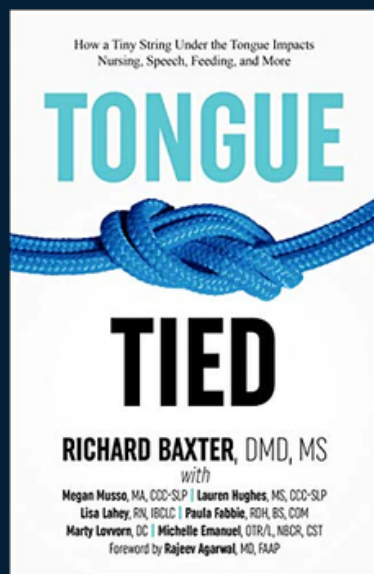
We know that healthcare costs can add up, but Elite Myofunctional Therapy cannot directly bill insurance. We are considered an out-of-network provider. Working with an out-of-network provider makes the treatment plan costs more transparent for both the provider and the patient, and allows us to work for you rather than insurance companies. Costs are laid out up front and there are no hidden fees, co-pays, or premiums. The Elite Myo 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 offer a superbill halfway through treatment and at the end of treatment to submit to your insurance for potential reimbursement. There is no guarantee that any/all invoices will be reimbursed. 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?

Get ready for a supercharged consultation where we'll get to the bottom of your health concerns, goals, and needs. Our mission is to unearth the root cause of your symptoms, not slap a band-aid on them and hope they go away. We're all about offering treatments that tackle the issue at its core, for long-lasting health improvements. Our success rate of 99.7% proves we mean business! So, if you're ready to commit to the process, let's get started. If you're curious about whether you're a candidate, click this link to assess your symptoms ahead of time: [Are You A Candidate?](#)

# Resources



Laryngoscope  
**Investigative Otolaryngology**  
Open Access

### Lingual Frenuloplasty with Myofunctional Therapy: Exploring Safety and Efficacy

|   |   |  |
|---|---|--|
| <b>ANKYLOGLOSSIA aka TONGUE TIE</b><br>Restricted Tongue Mobility<br>Breathing, Eating, Speaking, Muscle Tension Issues | <b>INTERVENTION</b><br>MYOFUNCTIONAL THERAPY<br>> 1 month pre-op<br>> 2 months post-op<br>+<br>LINGUAL FRENULECTOMY<br>Scissor and Suture Technique | <b>OUTCOMES</b><br>n = 348 (83% response rate)<br>Ages 20 months - 79 years<br>Patient Surveys<br>- 91% Satisfaction<br>- Improvement in:<br>* Mouth breathing: 78%<br>* Muscle tension: 77%<br>* Snoring: 73%<br>* Clenching: 91%<br>- Minor Complications: <5%<br><b>CONCLUSION</b><br>Frenuloplasty + myofunctional therapy can be safe and effective |
|---|---|--|

Zaghi S, Valcu-Pinkerton S, Jabara M, Norouzi-Knutsen L, Govardhan C, Moeller J, Sinkus V, Thorsen R, Downing V, Camacho M, Yoon A, Hang W, Hockel B, Guillemainault C, and Liu S  
DOI: 10.1002/lto2.297  
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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



Elite Myofunctional  
Therapy

VIRTUAL  
TELEHEALTH/  
IN PERSON



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Zoom Based Telehealth



Airway Dentists, Sugarland

