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## Myofunctional Therapy for childhood Sleep Disordered Breathing

Do these exercises 2-3x/day

Use saline/Xylitol nasal spray 2x/day

- 1.) **Candy Hold:** Hold a Smartie or fruit roll-up on the spot with the tip of your tongue until it is all melted. NO CHEWING, just let it melt. Race your family to see who can hold it up the longest and get it to melt first.
- 2.) **Nutella Spot** - Place a small dab of Nutella or peanut butter on the spot. Drag the tongue from the spot to the back of the throat, creating a line of food.  
Next, place a small amount of peanut butter on the sides of the lip and let him extend his tongue to lick it off.
- 3.) **Ping Pong Air Hockey** - With two players: Place a ping pong ball in the middle of the table. Each players blows on the ball to reach the other side (or off the table) and gain a point. The first one to 10 wins. Rules: 1. Each players mouth must remain level with the table. 2. The opponent receives a point when a penalty is observed: a. touches ball with his/her mouth, b. touch3es table with her/his mouth for stability, c. touches table with hands for support. 3. a warning is given if a player puffs out his cheeks instead of using the "hoo" blow. 4. after each point the ball is placed back in the middle of the table.
- 4.) **Tongue pops**  
Suction your tongue to the roof of your mouth as if to "pop or click" it. Hold suction for 5 to 30 seconds. 6x
- 5.) **Button pull**  
Thread a ¾" button with floss or string, knotting the ends together. Place button between teeth and lips, holding onto the string and pull for 5 seconds in the middle and both sides. Keep your lips tight so that the button does not show through. Work up to 60x
- 6.) **Bubble blow:** Blow out a bubble and catch it on the wand. Hold the bubble close to your child's lips and ask him to breathe through his nose then say "ha" to get the bubble to wiggle.

Try to make the exercises as fun as you can. Usually the promise of food or games is sufficient. These are most effective done 3x/day. If you continue to have problems, please contact me for further consultation.