Simple Steps to Detect Incorrect Lip/Tongue Rest Posture that create Speech Issues

Lips:
- Check lips in a relaxed posture
  - Are they closed?
  - Are they open?*
  - Does the client strain or purse their lips to gain closure?*

Reflex Breathing:
- Does the client look like they are doing most of their breathing through their nose?
- Does the client look like they are doing most of their breathing through their mouth?*
- Does the client feel more comfortable breathing through their mouth?*

Speech:
- Watch the tongue position when speaking.
  - Is there a lisp?*
  - Are there other phoneme distortions?*

*Warning signs: Look closely!
- Cross bites- Anterior and Posterior
- Open bites- Anterior and Posterior
- Mouth Breathing or Open Lip Rest Posture
- Thumb or Digit Habit (should be addressed before eruption of permanent teeth)
- Ankylosed labial/lingual frenula
- Allergies or Sinus Congestion
- Narrow Vaulted Palate
- Incisor Flaring and Spacing Upper and Lower

- * = potential for orofacial myology disorder