

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***