

Simple Steps to Detect Incorrect Lip/Tongue Rest Postures *(check the client in an upright position)*

Swallow:

Have the client swallow. (hold down the lower lip with your thumb)

- ***Does the client put their teeth together when they swallow?***
- ***Are the clients teeth apart when they swallow?***
- ***If they are open during their swallow, does the tongue come between the teeth in any area?****
- ***Is the tongue visible behind or in contact with the teeth (lingually) during any part of the swallow?****

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:

Have the client count from 60 to 70. Watch the tongue position on the incisors.

- ***Does the tongue move forward or laterally for the /s/ phoneme?****
- ***If yes to this question, there is possible incorrect tongue placement.***

****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***
- ***Enlarged Tonsils or Adenoids***
- ***Incisor Flaring and Spacing Upper and Lower***

- **** = potential for orofacial myology disorder***