

Name: _____ Date of Birth: _____

Screened by: _____ Date: _____

HALTTS Orofacial Myofunctional Screening Protocol

	Possible	Yes	No	N/A
HABITS:				
1. Current or Previous sucking habit (thumb, fingers, tongue, pacifier)				
2. Related Parafunctional habit (Nail biting, lip biting , etc.)				
AIRWAY:				
3. Tonsils appear to be enlarged				
4. Frequent congestion, colds, upper respiratory issues, sinus infections, allergies				
5. Reported difficulty breathing through nose consistently				
LIPS				
5. Frequent open mouth, lips apart resting posture				
6. Flaccid upper lip ("cupid's bow" effect)				
TONGUE				
7. Abnormal resting position* (is tongue down behind lower incisors, resting against lower teeth, or between teeth)				
8. Reduced area for tongue placement (is there restricted space for tongue or highly arched or narrow palate?)				
9. Tongue is judged to be large (long or wide)				
10. Frenum appears to be restricted/questionable tongue tie				
TEETH:				
11. Anterior Open Bite				
12. Crossbite				
13. Overbite				
14. Overjet				
15. Underbite				
SPEECH:				
16. Lingua-dentalized /l,t,d or n/ sound				
17. Interdental or lateralized /s/ or /z/				
18. Distorted/misarticulated "ch" "sh" or /r/				
19. Tongue forward "thrusting" seen during speech production				

Key: If indicating "yes" to three or more items, a myofunctional evaluation may be appropriate. Items in bold print above are highly correlated with tongue thrust/myofunctional issues. Even in isolation, they may be enough to warrant a myofunctional evaluation.

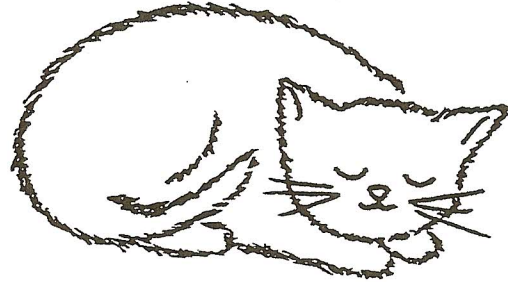
*Optimal rest position: tongue tip rests flat against the incisive papilla at the alveolar ridge, upper and lower teeth are close but not touching, lips are together, breathing easily through nose.

Comments: _____

R1. Oral-Facial Resting Postures

Practice the correct resting posture for your:

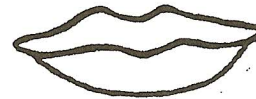
- ___ Lips only
- ___ Tongue only
- ___ Lips, tongue, and jaw



1. For correct lip resting position, the lips are held gently together.



2. For correct tongue resting position, place the top front of your tongue on the bumpy ridge behind the front top teeth.



3. For correct jaw resting position, your top and bottom teeth should be held slightly apart.



Comments: _____

Do Resting Postures for _____ minutes.
Practice _____ times each day.

Treatment Overview: “A Thumbnail Sketch”

Three Areas to Target:

- Rest posture
- Swallowing
- Speech (Posture, Placement): Speech for specific sounds may be integrated or addressed after the resting posture and swallowing pattern have been established and stabilized.

