

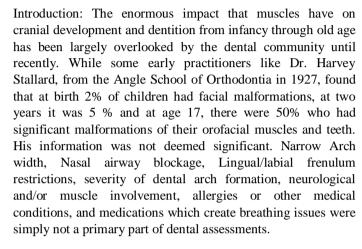


# Why Bother with Muscles?

Sandra Coulson

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#### Abstract



Methods: Orofacial muscular exercises are taught to patients of all ages, beginning in infancy. Neuromuscular massage helps to facilitate proper use of muscles of the tongue, lips, jaw, face and pharynx. A series of exercises, designed for each patient individually, retrains these muscles.

Results: I will demonstrate the effectiveness of orofacial muscle exercise and activities through photographs, illustrations and testimonials.



#### Biography:

Sandra Coulson worked for Home Health Services as a therapist serving a population of victims of stroke, and people with Down syndrome, and, with her education degree, she became a substitute teacher during which time she developed her private practice in Orofacial Myofunctional Therapy.



### Speaker Publications:

1. "Faces: Children's Habits That Affect Facial Development"

35<sup>th</sup> International Conference on Dental and Oral Health; Webinar- June 15-16, 2020

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