

Why Bother with Muscles?

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Abstract

Introduction: The enormous impact that muscles have on cranial development and dentition from infancy through old age has been largely overlooked by the dental community until recently. While some early practitioners like Dr. Harvey Stallard, from the Angle School of Orthodontia in 1927, found that at birth 2% of children had facial malformations, at two years it was 5 % and at age 17, there were 50% who had significant malformations of their orofacial muscles and teeth. His information was not deemed significant. Narrow Arch width, Nasal airway blockage, Lingual/labial frenulum restrictions, severity of dental arch formation, neurological and/or muscle involvement, allergies or other medical conditions, and medications which create breathing issues were simply not a primary part of dental assessments.

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.

Speaker Publications:

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

[35th International Conference on Dental and Oral Health;](#)
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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.