



WHAT IS MYOFUNCTIONAL THERAPY?

Using simple exercises to help kids and adults achieve better sleep, breathing, facial development and overall oral muscle function

MORE INFORMATION



PHONE

919-605-6345



WEBSITE

www.mcclamfamilymyo.com



*Now offering
complimentary 15 minute
discovery calls



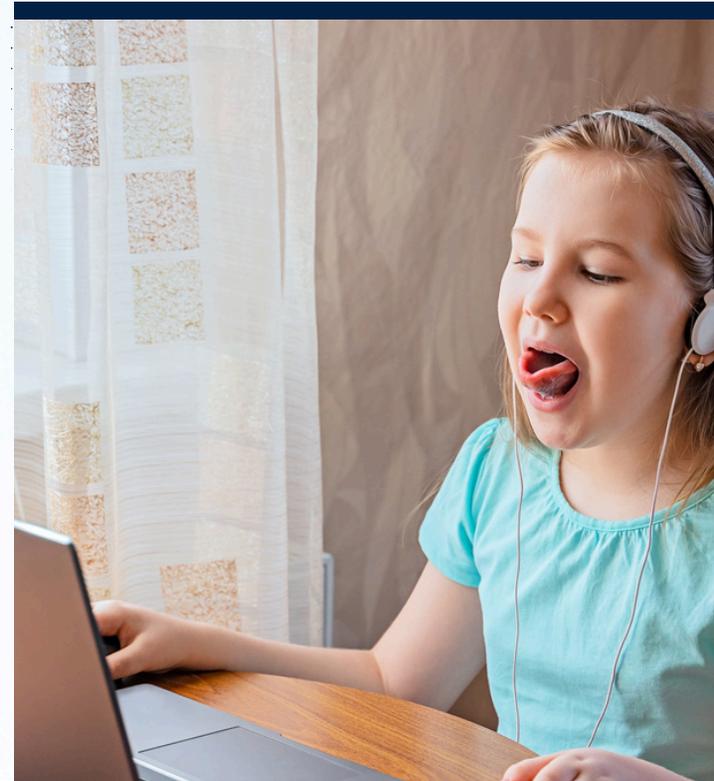
MCCLAM FAMILY MYO

Sharing with others the
Importance of correct muscle
function and breathing while
assisting in the improvement of
these common yet suboptimal
conditions



WHO IT CAN HELP?

- Snoring
- mouthbreathing
- sleep apnea
- TMJ disorders (pain)
- Tongue Tie
- Orthodontic relapse
- Tongue thrust



Goals of Myofunctional Therapy

- Establish Nasal breathing
- Correct tongue posture
- Lip seal
- Correct swallow



Our face and Jaw Muscles control how our Jaw and Airway grow and function. Breathing is our body's #1 function to live. Let us help you optimize both so you can live a healthier life.