

# MCCLAM FAMILY MYO

## *Myofunctional Therapy*

### *Who I Am*

Hi! I'm Darcey McClam, Dental Hygienist for 16 years, Myofunctional therapist and owner of McClam family myo. My passion is to provide valuable education and therapy for all of my patients so they understand and experience the benefits of Myofunctional Therapy. I use a multidisciplinary approach working with the patients' dentist, orthodontist, ENT, Chiropractor or any other provider necessary in order to make therapy as simple and successful as possible.



### *What I do*

I teach people exercises to improve strength and coordination of the face, tongue and airway muscles in order to improve breathing, sleep, and muscle function. Some symptoms that give us a clue there is dysfunction are as follows: Snoring Sleep apnea, TMD pain, mouthbreathing, orthodontic relapse, and tongue tie.

### *How it works*

Once dysfunction is identified, the patient should be given a referral to contact me and I will then schedule a Myofunctional Evaluation. This is where we will examine and evaluate symptoms as well as function, then create an individualized treatment plan, tailored to each patients' needs. Treatment involves a series of appointments, similar to physical therapy, where the patient will learn exercises and then perform them for a few minutes per day on their own time. Therapy can be completed either in person or virtually depending on the patients' needs.



**CALL, TEXT, OR EMAIL FOR MORE INFORMATION**



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