

**Mark the symptoms observed:**

**Symptoms of tongue-tie are:**

***Infants***

- ◇ Difficulty breastfeeding
- ◇ Poor seal
- ◇ Inability to drain breast/compromised milk supply
- ◇ Clicking
- ◇ High narrow palate
- ◇ Poor weight gain
- ◇ Inadequate nutrition
- ◇ Gassy/colic/reflux
- ◇ Gags easily
- ◇ Tongue cupping
- ◇ Lateral borders of the tongue lift upward
- ◇ Failure to thrive
- ◇ Difficulty lifting tongue
- ◇ Restricted from sticking out tongue
- ◇ Heart shape on the tip of the tongue
- ◇ Snoring
- ◇ Gets tired breastfeeding falls asleep
- ◇ Excessive drooling

***Toddler***

- ◇ Lack of lip mobility
- ◇ The tongue can't reach the palate
- ◇ Frequent gagging
- ◇ High narrow palate
- ◇ Heart shape tip of the tongue
- ◇ Speech concerns, pronunciation of sounds
- ◇ Snoring
- ◇ Cavities/cavitations on the teeth

- ◇ Can't clean teeth with tongue
- ◇ Messy eater
- ◇ Difficulty eating (prefers soft foods)
- ◇ Frequent ear infections
- ◇ Forward head posture
- ◇ Tongue posture is low
- ◇ Restricts lip licking
- ◇ Licking ice cream cone
- ◇ Kissing
- ◇ Abnormal mandible growth
- ◇ Delayed tooth eruption
- ◇ Hoarding food in cheeks
- ◇ Tongue thrush
- ◇ Behavior issues
- ◇ Allergies
- ◇ ADD/ADHD

***Adolescents to adult***

- ◇ Poor oral hygiene
- ◇ Mouth breathing
- ◇ Stomach aches
- ◇ Licking ice cream cones
- ◇ Kissing
- ◇ Playing a wind instrument
- ◇ Snoring
- ◇ Loud, messy eater
- ◇ Sensitive to hard foods
- ◇ Malocclusion
- ◇ High narrow palate
- ◇ Tongue thrust
- ◇ Orthodontic relapse
- ◇ Doesn't like to brush their teeth
- ◇ Many more symptoms and concerns

## Tongue Tie

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### *Reminder:*

Not all frenums need release; it depends first on the symptoms causing the problems and the length, thickness, degree of movement, and function of all frenums. The infant, child, or adult can feel tension (i.e., torticollis) within the body as the fascia extends from the tongue to the toes. Tension is not normal, and once a tongue release is accomplished, this may ease that tension and anxiety.

### **Action Steps:**

1. Find a certified Orofacial Myologist, [www.iaom.com](http://www.iaom.com) or [www.musclesinharmony.com](http://www.musclesinharmony.com)
2. Have an assessment, then consultation
3. If a release is determined:
  - a. Ask her/him if they have a relationship with an experienced doctor to provide the release (s).
  - b. Most Myofunctional Therapists have connected with a team of professionals that provide services that are connected to Myofunctional Therapy
4. Schedule time for exercises with Myofunctional Therapist
5. She/he will lead you in the direction needed for a healthy lifestyle.