



COLLECTIVE
HEALTH SOCIETY
HEALTHY MOUTH. HEALTHY BODY.

Myofunctional Therapy

10 Common Signs You Might Benefit from Myofunctional Therapy



1. Mouth Breathing

Habitually breathing through your mouth instead of your nose.

2. Snoring or Disrupted Sleep

Including tossing, turning, or waking unrefreshed.

3. Tongue Tie or Restricted Tongue Movement

Limited ability to lift or move the tongue properly.

4. Difficulty Swallowing

Gulping, messy eating, or tongue thrusting while swallowing.

5. Jaw Pain or TMJ

Clicking, popping, or chronic facial tension.

6. Speech Difficulties

Lisping or articulation issues tied to tongue or mouth posture.

7. Orthodontic Relapse

Teeth shifting after braces due to unaddressed muscle patterns.

8. Drooling or Open-Mouth Posture

Especially during rest or sleep.

9. Clenching or Grinding

Often tied to airway or muscle dysfunction.

10. Forward Head Posture

Compensating for poor oral and airway habits.

Ready to Take the Next Step?

Whether you're interested in a personalized consult or want to dive deeper into topics like Myofunctional Therapy, we've got you covered.

Visit www.CollectiveHealthSociety.com or call (719) 356-4167 to schedule a consultation, or head to www.CollectiveEducationSociety.com to explore our upcoming courses and study clubs.



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