

Fixed Myo-Functional Tongue Trainer



The Myofunctional Bead is used to train the tongue to swallow in a correct pattern. The patient is instructed to spin the bead with the posterior aspect of the tongue. This exercise teaches the tongue to squeeze against the roof of the mouth instead of pushing forward against the teeth.

Fact: Tongue thrusters seldom are able to “Click” with their tongue!

A tongue thrust seriously inhibits the clinician from completing orthodontic treatment. If the tongue thrust behavior is not corrected, the clinician often is unable to retain the full orthodontic result.

What is a tongue thrust?

By the time a child reaches age 6, a normal swallowing pattern should be developed. A normal swallowing pattern involves squeezing the tongue against the roof of the mouth instead of pushing it forward against the teeth.

Fact: Tongue thrusts open bites.

A patient who has a tongue thrust often appears to be frowning when they swallow. When a child develops, normal tongue posturing expands the upper arch creating enough room for the teeth to erupt in a reasonably normal fashion. When a tongue thrusts exists, the upper arch collapses from improper lateral development usually provided from a normal posturing tongue. A patient with a tongue thrust often has difficulties with speech, especially the “S” and “Z” sounds. The patient is often a mouth breather, and when at rest, rests with their mouth open with a forward tongue position.

How does Five Star design the Fixed Myo-Functional Tongue Trainer?

There are many designs for a Myo-functional bead. Ideally, the bead is placed posteriorly, between the 1st molars. A Myo-funtional bead can be placed on numerous appliances both fixed and removable, and can be added to prefabricated appliances such as the Wilson Transpalatal.

What do I need to do to get started?

Send Five Star upper and lower stone models and a bite registration. A heavy body alginate is fine as long as it is free of bubbles, distortion, or voids. Please do not pour your models with your bands in them, rather send the models with the bands separate or ask Five Star to size them for you. The Myofunctional Bead does not require separators to be placed prior to taking impressions. Separators mesial and distal to the first molars are placed after impressions are taken and should remain until delivery of the appliance.