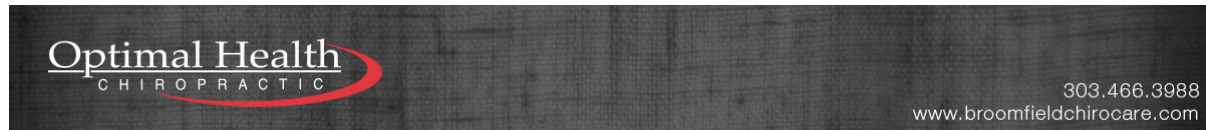


Everything you need to know each month from Optimal Health

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NOW OFFERING

OROFACIAL MYOFUNCTIONAL THERAPY (OMT)

July 2023



From TMJ, to Sleep Disorders, Snoring & More - Continuum PT can help!



It's been almost a year since we, at Optimal Health Chiropractic, introduced you to Jessica Stepanian, PT, DPT, from Continuum Physical Therapy. If you walk in our waiting area of our office, she's in the space directly across from the front door.

This month, we wanted to share her new news! Continuum Physical Therapy is now offering Orofacial Myofunctional Therapy (OMT) to reduce pain and improve your well-being! Check out the info below from Jessica as to how this could help you.

- Dr Chris

Continuum Physical Therapy is now offering Orofacial Myofunctional Therapy (OMT) services both onsite and virtually. OMT is a non-invasive approach that utilizes targeting exercises to strengthen and coordinate the muscles of the face, mouth, and throat.

With OMT, our goals are clear: bid farewell to unwanted oral habits, enhance nasal breathing, achieve lip competence (lip closed posture), elevate the tongue's resting posture, and address head and neck posture. By achieving these milestones, we prevent orofacial myofunctional disorders (OMDs), movement dysfunctions that can wreak havoc on our daily lives.

The list of OMD's is vast: from TMJ pain, sleep disorders, snoring, bruxism/clenching, tinnitus, mouth breathing, tongue thrust, tongue/lip ties, atypical swallow, chewing disorders, facial muscle dysfunction, lisps - the spectrum is extensive! If any of these concerns resonate with you, I invite you to schedule a complimentary phone consultation to learn more.

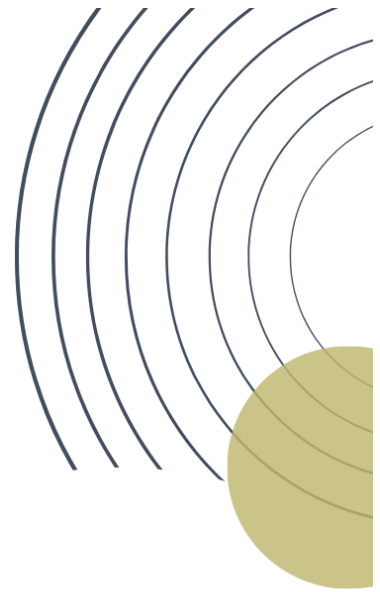
Don't settle for a life of pain - let's thrive together! My ultimate aim is to enrich your life and equip you with the tools you need to flourish. Reach out today and take the first step towards a healthier, happier you!

What is OMT?

Treatment of underlying orofacial myofunctional disorders (OMD) achieved through re-education and training of muscles involving the face and neck to improve structures and their associated functions.

Types of Orofacial Myofunctional Disorders (OMD's)

- Mouth breathing
- Tongue thrust
- Tongue/lip tie
- Chewing disorders
- Tinnitus
- TMJ pain
- Sleep disorders
- Sleep apnea
- Snoring
- Bruxism/clenching
- Cavities/gum disease
- High palate
- Infant feeding problems
- Facial muscle dysfunction
- Tongue scalloping
- Changes in saliva
- Esthetic changes
- Macroglossia
- Chronic pain
- Habits
- And more!



continuum
physical therapy

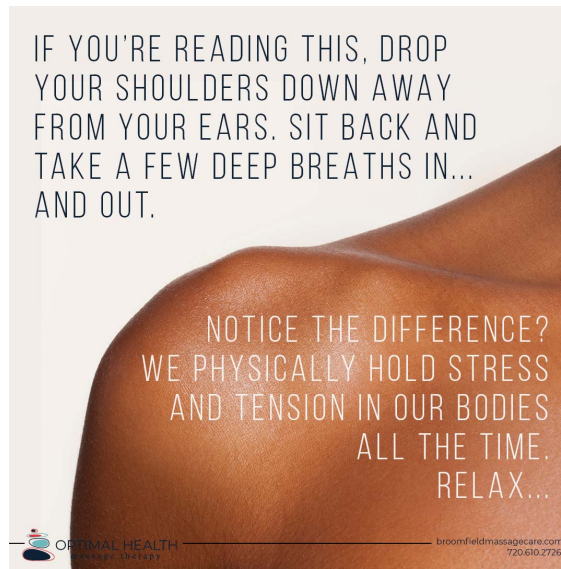
CONTACT US TO LEARN MORE

Website: Continuumptco.com
Email: info@continuumptco.com
Phone: 303-578-8228





Dates to Note



Take a Moment to Relax

July Dates and All Things Summer

Summer is in full swing and so are summer activities and holidays.

- Our office will be closed on Tuesday, July 4th.

A message we keep repeating, but it's an important one about scheduling. We want to remind our patients that [scheduling appointments](#) is important. There will be days that Dr. Chris leaves early or stays late to accommodate everything going on, so it's important to come at your scheduled appointment time. We also encourage patients to call or text (303-466-3988) if they are scheduling online and can't find what they are looking for. Dr. Chris has been known to come in early or stay late if needed :) But we can't help if we don't know what it is you're looking for!

Massage Updates Coming Soon

We have been working hard behind the scenes to bring you more massage availability and therapists - while we are not quite ready to share our news, watch for exciting updates to come soon!

In the meantime, take a deep breath, sit back, and schedule your next massage:

<https://www.messagebook.com/biz/OptimalHealthMassageTherapy>



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