

Why Choose Us for Your OMT Specialist?

🧑‍⚕️ **Experienced Clinician:** Practicing dental hygiene since 2010 with advanced education in OMT.

🦷 **Root-Cause Focused:** I combine clinical insight with a whole-body approach to address the underlying cause of dysfunction.

🧠 **Collaborative Care:** I work closely with dental, medical, and airway-focused professionals for optimal outcomes.

📖 **Lifelong Learner:** Hundreds of hours in continuing education ensure I offer evidence-based, up-to-date care.

🏠 **Personalized & Compassionate:** I care deeply about improving lives and health through customized therapy plans in a supportive environment.

💬 *"I treat patients how I want to be treated—because I know how much proper function impacts health and happiness."*

Ready to Transform Function & Health?

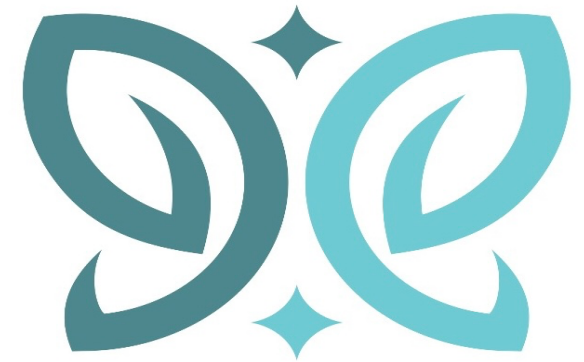
Let's begin your journey toward better breathing, sleep, and oral health.
Schedule a consultation today!

📍 Based in Las Vegas | Virtual Sessions Available wherever you are!

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📱 Follow us on IG @thriveprofessional



Thrive Professional Solutions

What Is Myofunctional Therapy?

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What Is Orofacial Myofunctional Therapy?

Also known as:

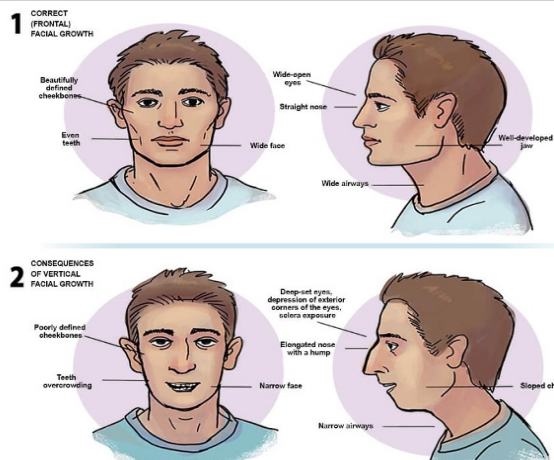
Orofacial Myology

Tongue Thrust Therapy

Orofacial Myofunctional Therapy (OMT) is a specialized program of exercises designed to improve the function and coordination of the facial muscles, tongue, lips, and jaw. These muscles play a critical role in:

- Breathing
- Speaking
- Chewing
- Swallowing
- Sleep and airway health
- Facial growth and posture

OMT focuses on eliminating habits like mouth breathing, tongue thrusting, improper resting tongue posture, and incorrect swallowing patterns.



WHO NEEDS OMT

Who May Benefit from Myofunctional Therapy?

Some of the following signs or symptoms one may notice:

Mouth breathing
Snoring or restless sleep
Sleep Apnea
Speech difficulties
Thumb sucking or prolonged pacifier use
Tongue tie (before/after release)
Malocclusion ~ crowded teeth
Narrow arches
High vaulted palate
Orthodontic relapse
Chronic nasal congestion
Digestion issues
Forward head posture
Difficulty chewing/swallowing
TMJ discomfort
Tori/Exostosis
Clenching and/or grinding
Open mouth posture
Tongue resting low or forward

✨ *Early intervention is key—but therapy is beneficial at any age!*

THERAPY RECOMMENDATIONS/ REFERRALS

CBCT/Airway Consultation
Comprehensive Myofunctional Examination
Myofunctional Therapy Package (12 sessions)
Mini Myofunctional Therapy (Children 3-5yrs old)
Tongue Tie Release
ENT Consultation
Expansion/Orthodontics



Myofunctional Therapy Package Details:

- Telehealth- virtual therapy
- Therapy typically consists of 12 sessions spaced out over 9-12 months.
- Sessions are usually 30-60 minutes in duration and are 2-3-4 weeks apart.
- Tongue tie grades III and IV may need to be released early in therapy, grade II will usually be determined after session 6.
- If additional sessions may be needed this is identified around session 6.