

**Treating Oral Myofunctional Disorders and Oral Restrictions**  
Myofunctional Treatment Plan



# Treatment Paths for: Treating Oral Myofunctional Disorders and Oral Restrictions

## Reported symptoms &/or clinical observations:

Open mouth posture (>50%) – increased likelihood of mouth-breathing  
Visible descended tongue posture  
Low facial muscle tone  
Short upper lip / lip incompetence  
Possible Speech issues  
Enlarged tonsils

Possible airway issues (including audible breathing or snoring during sleep)  
Dysfunctional Swallow/ Tongue Thrust  
Malocclusion (poorly positioned jaws and/or teeth)  
Head/neck tension or aches  
Possible Postural implications (e.g. forward head or shoulder)

## Frenum restrictions were noted in the following areas:

Tongue	Upper Lip	Lower Lip	Buccal (cheek) area
--------	-----------	-----------	---------------------

## The following is recommended:

Orofacial Myofunctional Therapy (OMT) (pg 2)  
Frenectomy as indicated above (pg 3)  
Manual Therapy (pg 4)  
Sleep study

Dietary considerations (pg 6)  
Gut Health considerations (pg 6)  
Dental/functional exam/clean  
ENT referral



## The Enhance OMT Program Package Fees

This **8 week program** includes a one-hour initial consultation followed by seven 30-40 minute sessions every week. Each week progress is monitored, and the next set of exercises are demonstrated and provided along with take-home equipment and kits to assist progress. See below for prices.

If you need additional equipment, you will be advised of the fees. Some sessions can be carried out via **Video call for interstate and regional patients** (by arrangement with the Enhance team).

Some people need longer to improve dysfunction. Where more OMT sessions are required, you will be advised, and these will incur additional fees per session. Follow up visits to ensure maintenance of function are recommended and this will be discussed with you by your therapist. This service does not receive a medical insurance rebate and does not have a code.

If Low Level Laser therapy (photobiomodulation) is used for muscle pain, the dental code 945 is used and is claimable with health insurance.



## Enhance Service Codes

Frenectomy or Frenuloplasty  
for the tongue  
(with or without sutures)

**Code 391**

Frenectomy for other sites

**Code 391 per site**

Vestibuloplasty of the upper lip

**Code is 344**

Nitrous Oxide (Happy Gas)

**Code is 943 (x2)**

Enhance OMT package (8 sessions)

**No Code** (Please see our reception  
regarding payment options)

Clearance visit for Surgery

For patient receiving their OMT  
elsewhere **Code is 015**

Lower Level Laser Therapy (LLLT)  
(Photobiomodulation)

**Code is 945** (Included in the  
Enhance OMT program where  
required)

**Additional LLLT sessions**

**PLEASE NOTE:** The quoted prices are valid for 3 months after consultation date, after which they are subject to change. A new consultation is required and incurs associated consultation fees at that time.