



# Utah's Communication Connection

## Tongue Thrust Therapy



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Alissa A. Holloway M.S. CCC-SLP

### What is a Tongue Thrust???

A tongue thrust, otherwise known as an orofacial myofunctional disorder, occurs when the tongue moves forward in an exaggerated way during speech and/or swallowing.

The tongue may lie too far forward during rest or may protrude between the upper and lower teeth during speech & swallowing, and at rest.

A person typically swallows between 1,200 and 2,000 times within a 24 hour time period with about four pounds of pressure each time.

If a person suffers from a tongue thrust, this continuous pressure tends to force the teeth out of alignment.



*Tongue Thrusting can adversely affect the*  
**TEETH & MOUTH**

Many orthodontists complete orthodontic treatment with what appears to be good results, only to discover that the case relapses because of the patient's tongue thrust.

If the tongue is allowed to continue its pushing action against the teeth, it will continue to push the teeth forward and reverse any orthodontic work performed.

### Signs and Symptoms of Tongue Thrust

1. Tongue protruding between/against the front teeth when forming /s, z, t, d, n, l, sh/
2. Frequent open-mouth resting posture w/ lips parted and/or the tongue resting against the front teeth
3. Frequent mouth breathing
4. Messy and/or loud eating
5. Tongue visible at front of mouth or between teeth during swallow & speech
6. Inability/difficulty swallowing while smiling
7. Reversal of orthodontic treatment
8. Protruding front teeth

### Causes of Tongue Thrust

1. Prolonged use of artificial nipples used in feeding infants (pacifiers/bottles)
2. Prolonged use of sippy cups
3. High, arched, and/or narrow palate
4. Allergies or nasal congestion
5. Macroglossia (enlarged tongue)
6. Thumb sucking
7. Large tonsils
8. Hereditary factors
9. Ankyloglossia (tongue tied)

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# Treatment Program

## Utah's Communication Connection specializes in Tongue Thrust Therapy Treatment.

The tongue thrust treatment program consists of 9 weekly therapy sessions, lasting thirty minutes each. As well as monthly recheck visits when necessary.

During these sessions each client is evaluated and treated for irregular open-mouth postures, speech sound errors, and swallowing disorders associated with tongue thrust. During therapy clients are taught to increase the awareness of their mouth, facial muscles, and tongue postures. They are taught techniques to improve their muscles strength and coordination and their speech sound productions. Most importantly, each client's oral musculature is retrained to produce a correct and mature swallow pattern free of any thrust movement or pressure.

This treatment often restores the normal processes of dental eruption. It can also aid in the retention process following orthodontic treatment. In addition, therapy that is coordinated with dental or orthodontic treatment helps to enhance and maintain dental health for a lifetime of benefits.

## About our Therapist



Alissa A. Holloway is a certified Speech Language Pathologist and the owner of Utah's Communication Connection LLC, a private speech language pathology practice located in Payson, UT. She received an individualized Associate's Degree from Utah Valley University, a Bachelor Degree in Communication Sciences and Disorders from Brigham Young University, and a Master's Degree in Speech Language Pathology from the University of Utah.

Alissa holds a Certificate of Clinical Competence from the American Speech-Language Hearing Association, a Utah state Speech Language Pathology professional license, a Utah state Speech Language Pathology educator's license, and a Payson city business license. She is a member of both the American Speech-Language Hearing Association and the Utah Speech-Language Hearing Association.

Alissa has served hundreds of individuals with a variety of communication impairments; including speech sound disorders (articulation therapy), language disorders (both receptive and expressive), stuttering (fluency disorders), childhood apraxia of speech (CAS), tongue thrust (orofacial myofunctional disorder), hearing loss (aural rehabilitation/habilitation), traumatic brain injury, processing disorders, cognitive impairments, cleft lip/palate, down syndrome, autism, and aspergers disorder. She has worked with individuals ranging from ages 0-50.

Alissa believes that quality human connection is the most essential part of the human experience and that it is through communication that we are able to make those connections. She has a passion for helping others communicate more effectively and finds true joy in each client's progress and success.

Contact Me Today  
*for your*  
Free Consultation

Utah's  
**COMMUNICATION  
CONNECTION**  
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