



Welcome,

You may be coming to our practice for a variety of reasons. Most commonly, patients are referred for one of the following reasons:

- evaluation and treatment of tongue thrust
- symptoms of temporomandibular joint disorder
- to end a digit sucking habit
- to end a nail biting habit
- to deal with trichotillomania
- to assist in the treatment of Down syndrome
- to achieve proper tongue position in an effort to correct articulation errors
- To minimize snoring

For many years, dentists and orthodontists have been aware that pressure exerted by the tongue can cause changes in dental structures. Only recently has this been the subject of therapeutic evaluation and scientific investigation. As Orofacial Myologists, we are responsible for the evaluation and treatment of the tongue and lip equilibrium.

At your initial appointment, your therapist will begin by taking a series of measurements and photos of your face, lips and teeth. Your therapy plan will be explained to you in detail. After answering any questions you might have, you will be given the necessary supplies to start your program. During subsequent visits, measurements and/or photos will again be taken and compared with the initial measurements and/or photos to evaluate your progress throughout your therapy.

The total number of therapy sessions required for correction of your particular problem varies considerably from patient to patient. The probable number of visits necessary will be determined at your initial evaluation and will be re-evaluated as therapy progresses. Once treatment has been completed, it is important that a patient be observed for occasional check-ups to monitor the continued proper use of the facial muscles.

To get to our Lincoln office: From Interstate 80, follow Highway 77 south to Old Cheney and turn east. Go to 27th Street, turn south and go for 2.5 miles to Whispering Wind Road. Turn right (west) at Whispering Wind Road and take the first exit off the round-a-bout to stay on

Whispering Wind Road. Follow the street to the end of the block and the last (brown brick) house on the left is our location.

To get to our Omaha office: Take Pacific Street to 78th Street to the "Pacific Place" Building. It is a three story red brick building and located on the south side of Pacific. Parking is available on all sides of the building, but the west side is the easiest to get to as it is on 78th street side at the stoplight. The office is Suite 319, on third floor, next to the water fountain and at the top of the stairs.

Please feel free to call me with any questions. I'm looking forward to working with you!