



Upside Down Frown Care- MYOFUNCTIONAL THERAPY FAQ

Do you offer advice about my child's specific case over email?

To ensure your child receives thoughtful and clinically appropriate guidance, case-specific recommendations are only provided during a scheduled phone consultation.

What ages do you work with?

- Ages 3–5: Begin with a *pre-myo (mini program)*, typically 6 sessions
 - Ages 6+: Eligible for full myofunctional therapy programs

What does a typical treatment plan look like?

- Standard programs (especially with tongue tie support): 14 sessions
 - Divided into Phase 1 and Phase 2
 - Sessions are 45 minutes, scheduled every 2 weeks

Consistency and follow-through are essential for results.

Do you offer Telehealth sessions?

Virtual sessions are available when needed; however:

- In-person is strongly preferred for optimal outcomes
- Virtual sessions are best used for illness, travel, or occasional scheduling conflicts

How do you determine timing for a tongue tie release?

Timing is individualized and depends on several factors, including:

- Airway and functional needs
- Collaboration with other providers
- The child's ability to demonstrate nervous system regulation

A child must be able to tolerate and integrate therapy appropriately before moving forward with a release to support optimal outcomes.

How do you decide on expansion?

This depends on:

- Severity of sleep-disordered breathing (SDB) symptoms
 - Airway development and volume

- Structural limitations
- Provider collaboration

Some children require myofunctional therapy first, while others need expansion prior to beginning therapy to remove structural barriers.

Can myofunctional therapy prevent tonsil or adenoid removal?

Myofunctional therapy supports oral function and airway habits but does not replace medical or surgical recommendations. We work on reinforcing nasal breathing, however, the size of the obstruction may indicate necessary surgical intervention especially if the child is not thriving. These decisions should be made with your medical providers.

Does my child still need myofunctional therapy if they are sleeping better after tonsil and adenoid removal?

Improved breathing is a great step, but surgery does not correct the underlying muscle habits. Many children continue to have mouth breathing, low tongue posture, or improper swallow patterns.

Myofunctional therapy helps retrain these patterns to support long-term results and reduce the risk of symptoms returning.

Individual needs vary—consultation is recommended to determine if therapy is appropriate.

Can you eliminate my child's asthma?

No. Myofunctional therapy does not treat or cure asthma, though it may support improved breathing patterns as part of a collaborative care approach.

Do you work with other providers?

Yes. Collaborative care is essential.

We regularly coordinate with a network of:

- Pediatric dentists and tongue tie release providers
 - Orthodontists
- Speech-language pathologists (SLP)
 - Occupational therapists (OT)
 - Craniosacral therapists (CST)
 - Fascia specialists
 - Chiropractors
 - Sleep centers

While we do not currently work directly with ENT providers, we do have professional connections including Dr. Zaghi at The Breathe Institute.

Referrals are always tailored to your child's needs.

Do you accept insurance?

We are a private-pay practice.

Do you provide superbills?

Yes, upon request. Please note:

- Superbills are provided without a diagnosis code unless one is given by a referring provider
 - Orofacial myologists (RDH) do not diagnose
 - Submission does not guarantee reimbursement
 - We do not alter codes for reimbursement purposes

Do you accept Self Determination (SDP)?

Please inquire directly, as acceptance depends on current program structure and requirements.

Can I pay per session?

No. Myofunctional therapy is a structured program, and we do not offer per-session payments.

Programs must be paid in full prior to scheduling to support consistency, compliance, and optimal outcomes.

Do you offer payment plans?

Yes, we are partnered with Affirm. They are a third party that may offer 0% interest options to those who qualify. Please inquire directly to discuss other available options, if applicable.

What is the cost per session?

Depending on the program the therapist recommends for your child:

- Sessions typically range from \$120–\$150

What is your cancellation policy?

- Less than 48 hours notice is considered a late cancellation
 - Late cancellations incur a 50% session fee

Do you offer sibling discounts and sibling sessions?

No, we do not offer sibling discounts or sibling paired myo sessions. Each child has unique myo needs and will need individualized care.

Can siblings attend sessions?

To maintain a focused and productive environment:

- Siblings are expected to stay home with a sitter whenever possible
- Older siblings may attend only if they can remain quiet and not disrupt the full session

Are materials included?

- Myo kits are included with program enrollment
- Additional tools (such as MyoMunchee or other devices) may be recommended and are sold separately as needed

Do you treat TMJ concerns?

Yes, TMJ-focused add-on treatment options are available when appropriate.

Do you treat adults?

Yes, a majority of our case load includes adults that are suffering from fatigue, snoring and clenching.

Due to the high volume of detailed case inquiries, individualized clinical guidance is reserved for scheduled consultations. This ensures each child receives the time, attention, and care their case deserves.