



Information about our treatment methods

At The Myofunctional Space we use the protocols of The mYofocUs Philosophy

Core Principles of the mYofocUs philosophy



Through **education** and **empowerment**, we can assist with an **evolution** in the health journey of the families we connect with. We do our level best to ensure that our guests feel empowered and educated to make sound health choices.

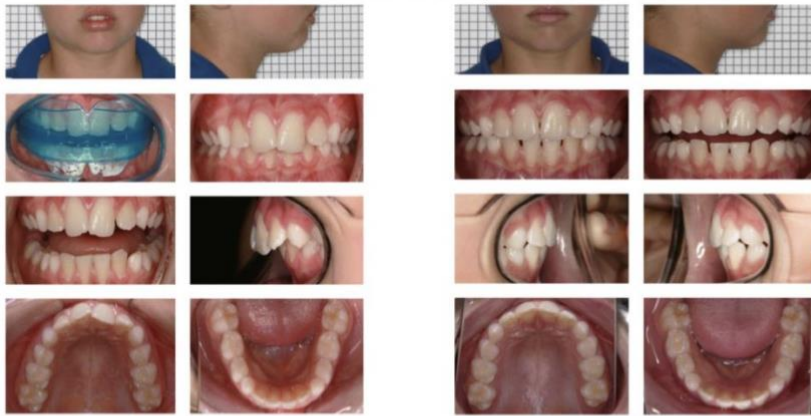


To live well, a sound **nutritional environment** is key. Add this to **healthy breathing** habits, **excellent oral function**, and **efficient movement** and you have the MyoFocus recipe for healthy growth.

While results vary from case to case, it is not uncommon to achieve excellent results quickly when the child is compliant with our directions.

Over the page, you can see a case treated by Dr Dan Hanson, co-founder of both mYofocUs, and The Myofunctional Space.

From "buck teeth" to a healthy smile in 6 months



When we correct oral function including swallowing and breathing habits we are able to harness the power of natural, functional growth. The result is improved dental alignment and better jaw posture - the before and after images above are only 6 months apart from one another using a Myobrace.



This result above was achieved with a combination of OMT exercises and Myofunctional Pre-Orthodontics. Please note that treatment duration varies considerably according to age, compliance and relative complexity at the start of treatment.

What is Myofunctional Pre-Orthodontics?

It is a combination of Orofacial Myofunctional Therapy (OMT) plus a number of appliances and techniques to help correct the causes of malocclusion to achieve a beautiful and functional smile.

These appliances include but are not limited to:

Myobrace

An appliance worn a total of 2 hours a day while awake, and at night while asleep. It helps you to change how you habitually swallow, and in doing so, assists to change the forces exerted onto your teeth and jaws. It also gently puts a light force onto the teeth and jaws.



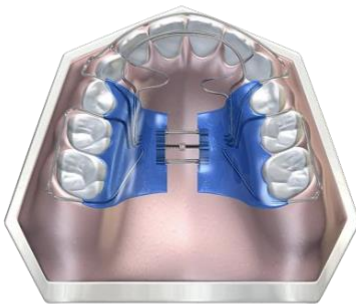
MyoMunchee

A chewing appliance worn several times a day which like the Myobrace helps you to change how you habitually swallow. It also massages the teeth and gums.



Biobloc Orthotropics

An appliance and philosophy which is used to actively assist with growing the jaws and improve oral posture.



Invisalign, or other aligner systems

While these are not fully in line with the mYofocUs philosophy, since they move the teeth using forces others than the muscles, they are sometimes needed. Clear plastic trays are used to move the teeth without braces. It is rare that we would need to use these, since we work more on the causes (muscles dysfunction). They are more likely to be needed in older children, who often present too late to make sufficient changes using muscles alone. Generally, we would only need to use these for a short time to make final corrections at the end of treatment with our other appliances.



Orofacial Myofunctional Therapy (OMT)

In 100% of cases, we use Orofacial Myofunctional Therapy (a.k.a. OMT or Oral Myology). This is a series of exercises which we teach you to do at each visit. These are practiced at home several times a day throughout your treatment with us. In the image below you can see an open mouth posture (mouth breathing) and a very short upper lip. We can use OMT to help to fix these and other oral postural, swallowing and breathing problems.



What is our focus?

We focus on ensuring that the original causes of the crooked teeth have been addressed to the best of our ability.

In each, and every case, when necessary, we work on the following areas of your health in addition to straightening your teeth:

Nutritional environment:

The food you eat can affect how healthy you are. The healthier you are, the less likely you will have a blocked nose. A blocked nose leads to mouth breathing, and resultant low tongue posture. Low tongue posture leads to a narrow jaw. So, staying as healthy as possible is very important when trying to grow healthy jaws. We will give you as much advice as we can to help guide you towards healthy eating habits. Or, if necessary, we may refer you to a qualified nutritionist, naturopath, or dietitian.

Breathing habits:

The way you breathe can affect how healthy you are. Without warming and filtering the air through the nose, cold, dry, and dirty air passes into your body. This can cause inflammation, leading to enlarged adenoids and tonsils, and recurrent respiratory infections.

We will give you lots of fun exercises to help you to establish healthy breathing habits. If necessary, we may need to refer you to a Butetyko practitioner, allergist, or Ear Nose and Throat specialist. Dr Dan Hanson co-founder of the Myofunctional Space qualified as a Buteyko Institute of Breathing and Health Breathing Educator in 2012. In severe cases he may offer a more intense breathing program beyond the standard program offered during the 'Take Off' Program.

Oral Function / Swallowing habits:

Your habitual oral rest posture and the way you swallow changes the amounts of force exerted onto your teeth and jaws. Swallowing patterns may be adversely affected by tongue ties; use of bottles, or dummies as an infant, or toddler; and by soft, sloppy diets.

The lips, cheeks and tongue need to work correctly in unison in grow healthy jaws and deliver beautiful smiles.

We will assist in changing oral function for the better, by providing you with an OMT plan using Ta The 'Take Off' exercise program.

Movement:

Effective and frequent movement is essential for physical wellbeing. Physical wellbeing improves your overall health in so many ways, and frequent exercise has been shown to be essential for wellness. We need you to stay healthy to help keep your breathing patterns on track. Plus, we want to help you to be as healthy as possible so you can enjoy your life to the fullest.

We strongly suggest if you don't already, get outside, play, move and exercise. Also your chosen bodyworker may advise core strength exercises if needed, to help improve your overall body posture and function.

Growth:

If all the right conditions are in place, a plant will grow strong and towards the sunlight. The human body is not much different. At the end of the day, we want you to grow into the healthiest version of yourself. To do that, the conditions need to be just right. At The Myofunctional Space, we aim to

provide the perfect conditions, for healthy growth. Healthy nutrition, breathing, function, and movement are our recipe for healthy growth.

Our Myofunctional Space Team

Our founders Dr Mona Board and Dr Dan Hanson have got a wealth of experience in treating malocclusion (crooked teeth and jaws).

Both have studied this subject extensively and Dr Dan has lectured professionally on Myofunctional Pre-Orthodontics since 2015, as well as having treated 100s of cases successfully using this approach. Dan has trained numerous dentists and orthodontists around the world in such methods in locations including USA, UK, France, Malaysia, Australia and New Zealand.

All our practitioners are highly trained in our philosophy and treatment modalities.

We are equipped to deal with almost all your orthodontic needs. However, in those rare cases which are too complex to be treated using our skill set alone, we are only too pleased to work alongside your chosen orthodontic specialist.

More About the mYofocUs philosophy used at The Myofunctional Space

Founded in 2017 in Australia by Dr Dan Hanson and Dr Donny Mandrawa, MyoFocus was brought to life out of a passion for functional oral health, and all the systemic health benefits that can be gained from it. Research shows that there are reasons beyond a great smile to support why we should care for developing jaws as early as possible. These include reducing bullying at school due to facial appearance, improving sleep quality, and improving behaviour. We hope that one day, every person in Australia will have access to this level of healthcare.

We are looking forward to meeting you at your appointment

What to expect at your first visit with us:

Consultation and Education session

Upon arrival one of our team will go through our treatment philosophy with you and your child. Then our dentist will assess the current orthodontic, and myofunctional status and make some diagnostic evaluations. The cost of the initial consultation can be obtained from reception upon booking.

Record taking

If you choose to go further, we may take records at your first visit. Records are required to be able to plan for treatment. The records involve photographs, videos, 3D digital study models, and x-rays. The total cost of the records can be obtained from reception upon booking.

Please do not hesitate to contact one of our team if you have any questions.