

how to improve tongue posture

how to improve tongue posture is a crucial aspect of overall oral health, impacting everything from facial development and breathing patterns to speech and sleep quality. Many individuals are unaware of their resting tongue position, and even fewer understand the profound benefits of achieving optimal tongue posture. This comprehensive guide will delve into the intricacies of why proper tongue placement matters, the common issues associated with poor habits, and provide actionable strategies for how to improve tongue posture effectively. We will explore the anatomical considerations, introduce simple exercises, discuss environmental factors, and highlight the long-term advantages of prioritizing this often-overlooked element of well-being.

Table of Contents

Understanding Optimal Tongue Posture

The Importance of Correct Tongue Placement

Common Signs of Poor Tongue Posture

Strategies on How to Improve Tongue Posture

Exercises for Improving Tongue Posture

Factors Influencing Tongue Posture

Maintaining Improved Tongue Posture

Long-Term Benefits of Good Tongue Posture

Understanding Optimal Tongue Posture

Optimal tongue posture refers to the natural, relaxed position of the tongue when your mouth is closed and you are not actively speaking, eating, or swallowing. This ideal resting position involves the entire tongue resting against the palate, or the roof of your mouth, with the tip lightly touching the incisive papilla, which is the small fleshy bump just behind your front teeth. The sides of the tongue should also rest against the upper teeth without pushing them outwards. This balanced placement creates a gentle suction that helps keep the airways open and supports the correct structure of the palate and facial bones.

When the tongue is in its correct resting position, it plays a vital role in facial development, particularly during childhood and adolescence. It contributes to the proper growth of the upper jaw and nasal passages, which can influence breathing and sinus health. Furthermore, correct tongue posture helps to maintain balanced muscle activity within the oral cavity, preventing imbalances that can lead to temporomandibular joint (TMJ) issues or misalignment of the teeth. Understanding this baseline is the first step in learning how to improve tongue posture.

The Importance of Correct Tongue Placement

The significance of correct tongue placement extends far beyond simple oral comfort. It is intrinsically linked to efficient nasal breathing, which is the most beneficial way for the body to oxygenate itself. When the tongue rests on the palate, it naturally encourages the lips to seal, promoting nasal breathing. This type of breathing has numerous physiological advantages, including filtering and

humidifying inhaled air, regulating blood pressure, and improving oxygen absorption in the lungs.

Conversely, mouth breathing, often a consequence of incorrect tongue posture where the tongue rests low in the mouth, bypasses these crucial functions. It can lead to drier oral tissues, an increased risk of cavities, and a compromised immune system due to unfiltered air. Moreover, chronic mouth breathing can influence facial structure over time, potentially leading to a longer, narrower face, and affecting dental alignment. The correct placement of the tongue is therefore fundamental for healthy respiration and facial development.

Common Signs of Poor Tongue Posture

Recognizing the signs of poor tongue posture is essential for identifying the need to implement strategies on how to improve tongue posture. One of the most prevalent indicators is habitual mouth breathing, especially during sleep. You might wake up with a dry mouth, a sore throat, or a feeling of fatigue, even after a full night's rest. Another common sign is a tongue that rests on the floor of the mouth or against the lower teeth when the mouth is closed.

Other observable signs include:

- Open-mouth resting posture even when not actively speaking or eating.
- A tendency to snore or experience pauses in breathing during sleep.
- Speech impediments or difficulties with articulation.
- A narrow or high-arched palate.
- Forward head posture.
- Crowded teeth or a misaligned bite.
- Chapped lips due to constant exposure.
- Facial puffiness or dark circles under the eyes.

These symptoms often point towards a tongue that is not in its optimal resting position and may require conscious effort to correct. Understanding these signs can be a powerful motivator when learning how to improve tongue posture.

Strategies on How to Improve Tongue Posture

Learning how to improve tongue posture involves a combination of awareness, conscious effort, and specific exercises. The first step is to become aware of your current tongue position. Throughout the

day, periodically check where your tongue is resting. If it's not on the roof of your mouth, gently reposition it. This constant reminder helps retrain your oral muscles.

Consciously practicing lip seal is another critical strategy. Ensure your lips are together at rest. This encourages nasal breathing and creates the necessary environment for the tongue to rest against the palate. Avoid habits like tongue thrusting, where the tongue pushes forward against the teeth during swallowing. Instead, focus on an apical or lingual swallow, where the tongue presses upwards and backwards.

Consistency is key. Make these adjustments a habit, and over time, your tongue will naturally find its correct resting position. This conscious effort forms the foundation for long-term improvement in tongue posture.

Exercises for Improving Tongue Posture

Several targeted exercises can significantly aid in learning how to improve tongue posture. These exercises strengthen the muscles responsible for maintaining the tongue in its correct position and promote proper swallowing mechanics. They are designed to be simple and can be incorporated into your daily routine with minimal effort.

One fundamental exercise is the "Swallow and Hold" technique. When you swallow, consciously aim to press your tongue to the roof of your mouth and hold it there for a few seconds before releasing. This reinforces the correct muscular action associated with swallowing and resting. Another effective exercise is the "Suck and Hold." Place the tip of your tongue just behind your front teeth, on the incisive papilla, and then gently suck upwards, creating a suction that adheres the mid-section and back of your tongue to your palate. Hold this suction for several seconds, then relax. Repeat this multiple times a day.

The "Humming Exercise" can also be beneficial. Gently hum a tune with your mouth closed, ensuring your tongue is in contact with the palate. This exercise helps engage the muscles at the back of the tongue, promoting proper elevation. Finally, practicing "Nasal Breathing" consciously is paramount. If you find yourself mouth breathing, gently close your lips and focus on breathing solely through your nose. This encourages the tongue to remain in its proper position to facilitate nasal airflow.

Here are some key exercises to practice:

- **Swallow and Hold:** Focus on pressing the tongue to the palate during each swallow.
- **Suck and Hold:** Create suction with the tongue against the palate, holding for several seconds.
- **Humming Exercise:** Hum with your mouth closed, keeping the tongue elevated.
- **Nasal Breathing Practice:** Consciously breathe through your nose with lips sealed.
- **Tongue Taps:** Tap the tip of your tongue against the roof of your mouth repeatedly.

Regularly performing these exercises, even for just a few minutes each day, can make a significant difference in retraining your tongue muscles and improving your resting posture.

Factors Influencing Tongue Posture

Several factors can influence or contribute to poor tongue posture, making the process of learning how to improve tongue posture more complex for some individuals. One of the most significant influences is the presence of enlarged tonsils or adenoids, particularly in children, which can obstruct nasal passages and force the individual to breathe through their mouth. This habit can become ingrained and lead to a low tongue posture.

Another common factor is the habit of pacifier or bottle use beyond the recommended age in children. These can alter the natural development of the palate and the positioning of the tongue. Genetics also plays a role; certain facial structures or jaw sizes might predispose individuals to certain tongue resting positions. Furthermore, dental issues such as missing teeth or misaligned bite can affect the space available for the tongue and influence its placement.

Environmental factors and habits can also be influential. Prolonged sleeping positions, excessive use of certain orthodontic appliances without proper guidance, or even habitual jaw clenching can impact tongue posture over time. Addressing these underlying causes is often as important as practicing exercises when aiming for lasting improvements in tongue posture.

Maintaining Improved Tongue Posture

Once you have begun to make progress in learning how to improve tongue posture, maintaining these gains requires ongoing vigilance and conscious effort. It's important to understand that retraining muscle habits takes time and consistency. Think of it as building a new muscle memory for your tongue.

Integrate the exercises and awareness techniques into your daily routine. For instance, perform your tongue exercises while brushing your teeth, commuting, or during any downtime. Continuously check your tongue position throughout the day and gently correct it whenever you notice it has fallen from the palate. Reinforce nasal breathing by consciously keeping your lips sealed, especially when relaxed or sleeping. If you wear dentures or retainers, ensure they fit properly, as ill-fitting dental appliances can negatively impact tongue posture.

Long-term commitment is crucial. As you become more accustomed to the correct tongue position, it will feel more natural. However, occasional lapses are normal. The key is to recognize these and promptly guide your tongue back to its optimal resting place. This consistent effort will solidify the improvements you have made and ensure the long-term benefits of proper tongue posture.

Long-Term Benefits of Good Tongue Posture

The long-term benefits of achieving and maintaining good tongue posture are far-reaching and significantly contribute to overall health and well-being. One of the most profound advantages is improved breathing. Consistent nasal breathing, facilitated by proper tongue placement, enhances oxygen intake, leading to better energy levels, improved cognitive function, and enhanced athletic performance. It also helps to regulate the autonomic nervous system, promoting relaxation and reducing stress.

Furthermore, optimal tongue posture plays a vital role in facial development and structure. For children, it encourages the proper growth of the maxilla (upper jaw) and nasal passages, leading to a more balanced facial profile and wider airways, which can prevent or alleviate orthodontic issues and sleep-disordered breathing later in life. For adults, it can help prevent further dental misalignment and TMJ discomfort.

Other significant long-term advantages include:

- Reduced risk of snoring and sleep apnea.
- Improved speech clarity and articulation.
- Prevention of chronic dry mouth and associated dental problems.
- A more balanced and aesthetically pleasing facial structure.
- Enhanced overall quality of sleep.
- Better management of sinus health due to improved nasal airflow.

Investing time and effort into learning how to improve tongue posture is an investment in your long-term health, impacting everything from your breathing and sleep to your facial structure and overall vitality.

FAQ

Q: What is the most common mistake people make when trying to improve tongue posture?

A: The most common mistake is not being consistent with awareness and correction. People often try exercises for a few days or weeks and then stop, expecting permanent changes. True improvement requires ongoing conscious effort and integration into daily habits, not just sporadic attempts.

Q: Can improving tongue posture really help with sleep apnea?

A: Yes, improving tongue posture can significantly help with mild to moderate sleep apnea and snoring. By ensuring the tongue rests on the palate, it helps keep the airway open, reducing the likelihood of obstruction during sleep. However, for severe cases, it should be considered complementary to other medical treatments.

Q: How long does it typically take to see noticeable improvements in tongue posture?

A: The timeline for seeing noticeable improvements can vary greatly depending on the individual, the severity of their current posture, and their consistency with exercises and conscious correction. Some may notice changes within a few weeks, while for others, it might take several months of dedicated practice to establish new muscle memory and see significant results.

Q: Are there any professional interventions available for persistent tongue posture issues?

A: Yes, several professionals can assist. Orthodontists and dentists can identify and address dental or skeletal factors contributing to poor tongue posture. Myofunctional therapists specialize in retraining oral and facial muscles, including tongue posture exercises and habit correction. Ear, nose, and throat (ENT) specialists can assess and treat issues like enlarged tonsils or adenoids that may be impeding proper tongue resting.

Q: Is it possible to overdo tongue exercises, and what are the risks?

A: While rare, it is possible to experience discomfort or muscle strain if exercises are performed too vigorously or with improper technique. The key is to be gentle and focus on correct form rather than force. If you experience pain, it's advisable to stop and consult with a professional, such as a myofunctional therapist, to ensure you are performing the exercises correctly.

Q: How does tongue posture affect facial development in children?

A: In children, proper tongue posture is critical for the correct development of the upper jaw and facial structure. When the tongue rests on the palate, it provides gentle outward pressure that guides the growth of the maxilla, promoting a wider palate and properly aligned teeth. Poor tongue posture can lead to a narrower palate, crowded teeth, and a more recessed midface.

Q: Should I keep my tongue on the roof of my mouth all the

time, even when talking?

A: No, the instruction to keep the tongue on the roof of your mouth applies to the resting position when your mouth is closed and you are not actively speaking, eating, or swallowing. During speech and swallowing, the tongue naturally moves, but the goal is to train it to return to the palate immediately afterward.

How To Improve Tongue Posture

Find other PDF articles:

<https://phpmysadmin.fdsu.edu.br/personal-finance-02/pdf?docid=Rai50-6573&title=how-to-invest-money-small-amount.pdf>

how to improve tongue posture: The mouth-posture code. How to improve health, well-being and posture starting with your mouth Leopoldo Maini, 2025-07-30 Is there a connection between how your teeth come together and your posture? Absolutely yes! Oral and dental health is important not only for aesthetic reasons but also has a strong impact on the overall well-being of the body. Some of the most common postural issues, such as scoliosis or nagging pains like stiff necks and headaches, can actually be caused by malocclusion, improper chewing, or swallowing habits. The relationship between posture and dental occlusion is real and significant! In this book, Dr. Leopoldo Maini explains, with minimal technical jargon and plenty of practical examples, the basic mechanisms that control chewing and human posture. He also shares useful tips to help improve your body's functionality and restore balance and well being starting from the mouth.

how to improve tongue posture: Mouth Breathing: Implications, Management, and Treatment Modalities Dr. Spineanu Eugenia, 2025-02-19 Explore the comprehensive treatise on Mouth Breathing: Implications, Management, and Treatment Modalities. This detailed work delves into the medical aspects of mouth breathing, including its pathophysiology, common causes, and associated health risks. Discover effective non-surgical and surgical interventions, including breathing exercises, myofunctional therapy, and septoplasty. Learn about the impact of allergies and environmental factors on mouth breathing, as well as essential oral hygiene practices for those affected. With a focus on holistic and alternative therapies, this treatise provides a thorough understanding of how mouth breathing can affect overall health and well-being. Ideal for healthcare professionals and individuals seeking to improve respiratory function, this resource combines evidence-based insights with practical management strategies. Enhance your knowledge and address the challenges of mouth breathing with this in-depth exploration of its implications and solutions.

how to improve tongue posture: Malocclusion: Etiology, Diagnosis, and Integrated Therapeutic Approaches Dr. Spineanu Eugenia, 2025-02-19 Malocclusion: Etiology, Diagnosis, and Integrated Therapeutic Approaches is a comprehensive treatise that delves into the multifactorial nature of malocclusion, exploring its causes, classification, and detailed diagnostic techniques. This resource offers in-depth insights into craniofacial growth, genetic influences, and the biochemical processes involved in tooth movement. It also highlights cutting-edge treatments, including orthodontic interventions, surgical procedures, and the role of biomaterials. The treatise covers the influence of nutrition, inflammation, and the immune response on orthodontic outcomes, while integrating modern approaches like physical therapy and osteopathy. Perfect for orthodontists,

dental professionals, and healthcare practitioners, this authoritative guide provides a holistic understanding of malocclusion management. Readers will find practical knowledge on advanced technologies, drug delivery systems, and interdisciplinary care for optimal treatment outcomes. This treatise is an essential reference for anyone looking to understand the complexities and latest advancements in the diagnosis and treatment of malocclusion.

how to improve tongue posture: *Manual of Temporomandibular Disorders* Edward F. Wright, 2011-11-16 *Manual of Temporomandibular Disorders* is a four-color, softcover handbook of information on temporomandibular disorders, an array of medical and dental conditions that affect the temporomandibular joint (TMJ), masticatory muscles, and contiguous structures. The book will provide evidence-based, clinically practical information that allows dentists to diagnose TMD accurately, rule out disorders that mimic TMD (that is, make a differential diagnosis), and provide effective therapy for most patients. This title offers comprehensive coverage in a compact package. The book's tone is conversational, with a focus on solving TMD problems at chairside. The author's crisp, engaging writing style allows the clinician to find precise answers quickly, without wading through a morass of detail.

how to improve tongue posture: Overbite: Causes, Diagnosis, Complications, and Comprehensive Treatment - A Complete Medical and Holistic Guide Doctor's Notes, 2025-02-19 Discover everything you need to know about overbite in this in-depth medical and holistic treatise. Written by a physician with expertise in medicine and biochemistry, this guide explores the definition and classification of malocclusion, genetic and environmental causes, diagnostic methods, and both conventional and emerging treatment options. It addresses the complications of untreated overbite, including TMJ disorders, tooth wear, gum disease, and sleep apnea, while also highlighting the role of nutrition, myofunctional therapy, lifestyle modifications, and complementary therapies in long-term management. With a clear structure that combines evidence-based medicine, orthodontics, surgery, and holistic care, this comprehensive resource is designed for medical professionals, dental practitioners, and individuals seeking to understand and manage overbite effectively.

how to improve tongue posture: Mosby's Orthodontic Review - E-Book Jeryl D. English, Sercan Akyalcin, Timo Peltomäki, 2025-08-26 Prepare for the INBDE and ABO certification exams the smart way with Mosby's Orthodontic Review, Third Edition! This comprehensive resource offers a concise review of orthodontic concepts, diagnosis, treatment planning, and clinical treatment — all in a question-and-answer format that is ideal for certification and re-certification exam prep, as well as for clinical practice. Plus, clinical case reports allow you to apply your knowledge to real patient scenarios. This is the only review book designed specifically for orthodontics, making it a must-have for students, residents, general dentists, and orthodontists! - NEW! 15 new chapters cover a range of topics, including craniofacial growth and development from conception to birth; etiology of malocclusion; the development of oral function; sleep disordered breathing; AI in diagnosis and treatment planning; biomaterials and 3D printing; clear aligner treatment; and others - NEW! Clinical photos, figures, tables and boxes enhance understanding of the content throughout the text - NEW! Enhanced ebook version, included with every new print purchase, features 480 multiple-choice review questions for the ABO exam, plus digital access to all the text, figures, and references, with the ability to search, customize content, make notes and highlights, and have content read aloud - NEW! Sectioned approach in the table of contents provides greater clarity, structure, and utility of the content - Easy-to-read, question-and-answer format presents information in a digestible format to promote high-yield learning for orthodontic and dental board exams - Case-based approach, including many patient scenarios and clinical case reports, reflects and supports the content styles in both the ABO and INBDE exam format - More than 1,000 illustrations provide a visual guide to conditions, techniques, diagnoses, and key concepts in orthodontic practice and treatment - Expert team of international lead authors and contributors brings both academic and clinical expertise to the content

how to improve tongue posture: *Recognizing and Correcting Developing Malocclusions*

Eustáquio A. Araújo, Peter H. Buschang, 2016-01-26 Recognizing and Correcting Developing Malocclusions: A Problem-Oriented Approach to Orthodontics provides an evidence-based approach to early treatment, an often-controversial topic. Based on decades of experience in clinical practice and education, Drs. Araújo and Buschang clearly present treatment protocols for mixed-dentition patients with various malocclusions and other orthodontic problems. Class I, Class II, and Class III malocclusions are covered extensively, along with eruptive deviations and open-bite malocclusions. The literature is comprehensively reviewed to ensure that the reader thoroughly understands the development, phenotypic characteristics and etiology of each type of malocclusion. Taking a problem-oriented approach, the authors provide detailed information for each case, develop comprehensive problem lists, and then provide evidence-based treatment solutions. The clinical focus of the text is ideal suited for private-practice clinician, with numerous references and academic underpinnings to ensure its suitability for orthodontic and pediatric dentistry residents. Focuses solely on mixed dentition orthodontic treatments Great variety of case studies—5 to 10 cases per chapter Each case is presented in the format of a problem list and evidence-based solutions More than 300 clinical photographs and radiographs

how to improve tongue posture: The Breathing Cure for Yoga Patrick McKeown, Anastasis Tzanis, 2024-12-31 READY TO JOIN THE BETTER BREATHING REVOLUTION? READY TO LEARN FROM INTERNATIONAL BREATHING EXPERT PATRICK McKEOWN? READY TO LEARN FROM LEADING YOGA EDUCATOR ANASTASIS TZANIS? TAP INTO YOUR FULL YOGA POTENTIAL WITH THE SCIENCE BEHIND ANCIENT WISDOM BY READING THE BREATHING CURE FOR YOGA With a Foreword by award-winning science journalist James Nestor, New York Times bestselling author of *Breath: The New Science of a Lost Art* What if you are only tapping into 75% of the full potential of yoga? If there was a simple and free way to harness the other 25% and make major improvements in both your asana practice and overall health, would you want to know what it is? This revolutionary yoga and breathing manual unites modern science, with clinically-proven breathing techniques, and the (mostly) forgotten wisdom of ancient Yogis to enhance your yoga practice. Written by international breath expert Patrick McKeown and leading yoga educator Anastasis Tzanis, this is an essential book for every practitioner and instructor. In *THE BREATHING CURE FOR YOGA: APPLY SCIENCE BEHIND ANCIENT WISDOM FOR HEALTH AND WELL-BEING* you will learn how to: Enhance your physical practice and lower the risk of injury. Learn breathing techniques to self-regulate, gain control over your nervous system, and diminish stress, anxiety, and panic attacks. Increase mindfulness and cultivate a deeper mind-body connection. Learn the connection between physiology and the mind, and how to optimise gas exchange and open the lungs. Reduce breathlessness during yoga, and boost stamina, endurance, and recovery time. Learn the three pillars of sleep, breath, and the mind, and their interconnection. Optimise energy flow and strengthen your connection to self. Dramatically reduce snoring, sleep apnea, and insomnia; decongest the nose; and improve menopause symptoms. Enhance your overall health and wellbeing. READY TO JOINING THE REVOLUTION NOW? Get *Breathing For Yoga* today, and be among the first to benefit from this revolutionary breathing and yoga manual. “In your hands is the operating manual for new and old yogis alike. For the past 20 years, McKeown has researched why so many of us breathe so poorly and how we can do it better and improve our lives. He’s spent several more years piecing together this carefully constructed compendium of yoga knowledge and distilling it into step-by-step directions, illustrations, scientific context, biomechanics, biochemistry, and more! My advice: Take a seat, shut your mouth, breathe it in.”—James Nestor

how to improve tongue posture: Supporting Sucking Skills in Breastfeeding Infants Catherine Watson Genna, 2022-08-24 Supporting Sucking Skills in Breastfeeding Infants, Fourth Edition is an essential resource for healthcare professionals working with new breastfeeding families and infants. Using a multidisciplinary approach, it incorporates the latest research on infant sucking and clinical strategies to assist infants with breastfeeding. With an emphasis on skills, it focuses on normal sucking function in addition to difficulties based in anatomical, cardiorespiratory, neurological, or prematurity issues. The Fourth Edition has been extensively updated with new

photos throughout and additional information on breastfeeding modifications for infants with structural issues, including micrognathia, orofacial clefts, and torticollis. The contributing authors also reflect on the latest breastfeeding research, including the mechanics of sucking, the normal anatomy of the floor of the mouth, the role of tongue tie in feeding difficulty, as well as strategies to support infants with neurological conditions.

how to improve tongue posture: Hegde's PocketGuide to Treatment in Speech-Language Pathology, Fifth Edition M. N. Hegde, 2025-07-03 Now in its fifth edition, Hegde's PocketGuide to Treatment in Speech-Language Pathology is a renowned resource and a classic in communication sciences and disorders. There is no other single book in speech-language pathology (SLP) that provides step-by-step descriptions of treatment procedures for every disorder of communication. This revised PocketGuide to Treatment blends the format of a dictionary with the contents of a textbook and clinical reference book. With this guide, both students and professional clinicians have, at their fingertips, not only an encyclopedic knowledge of the entire range of treatment concepts and approaches, but also specific treatment procedures that can be readily applied in treating any disorder of communication in any child or adult. In addition, the guide offers treatment selection criteria to promote evidence-based clinical practice, and points out the existing evidence for described treatment procedures. The guide also offers guidelines on treating all communication disorders in ethnoculturally diverse individuals. SLPs with this handy guide on their desk will have both a quick reference and a detailed resource on general and specific treatment procedures, including brief, task-specific treatments for individuals of all ages. The information can be easily reviewed before clinical sessions or examinations, as the guide's entries are arranged alphabetically. New to the Fifth Edition: Updated information on recently researched treatment procedures and approaches Added descriptions of newer and multiple treatment procedures in operational terms Methods by which treatment procedures are evaluated for their effectiveness Criteria for selecting an effective treatment procedure among available alternatives Streamlined and integrated entries for easier access to treatment procedures Key Features: Current knowledge on treatment philosophies, approaches, and techniques Alphabetical entries and section tabs for ease of access Underlined terms that alert the reader for cross-referenced entries on related concepts and procedures Step-by-step treatment procedures the clinicians can easily follow in treating any disorder of communication in individuals of any age Multiple treatment options for each disorder Summative statements on the evidence for each procedure Also Available Hegde's PocketGuide to Assessment in Speech-Language Pathology, Fifth Edition

how to improve tongue posture: Essentials of Orthodontics-E Book Sridhar Premkumar, 2020-06-02 Essentials of Orthodontics is a compendium of significant and pertinent information related to Orthodontics, a subject that seems to have evolved over the past 100 years. This book provides a comprehensive overview of all areas of Orthodontics, from Growth and Development to retention and relapse. The book also acts as a refresher to the reader's memory on fundamentals necessary for diagnosis and treatment planning. This book has been accepted well as an indispensable book among dental UGs and dentists who need smooth transition into the field of orthodontics. The significant information presented in highly organized framework had successfully suited various educational settings, be it exam preparation or understanding theoretical models or practical implications for clinical practice. This fourth edition is upgraded and offers more succinct content based on the enormous current knowledge available in the theory and research sector of orthodontics. - Satisfies amended syllabus norms of Dental Council of India (DCI) and various international universities - The single colour format is replaced with vivid colours to convey textbook structure effortlessly - The entire book had been grouped into 11 sections with every chapter containing optimized outline to provide a gist of what to explore - Numerous subsections and a thorough index that favors quick access to the readers - Illustrations that can be readily associated with the learned concepts for correlation, interpretation and recollection by the students - Tables, flowcharts and figures that are revisited, revised and refurbished Sridhar Premkumar MDS is a well-recognized book author currently working as Professor and Head, Department of Orthodontics

and Dentofacial Orthopaedics, Formerly Principal in charge, at Tamil Nadu Government Dental College and Hospital, Chennai, India. He joined Tamil Nadu Government service by securing First rank in the Public service commission examination. He has numerous publications to his credit and is an active researcher; acclaimed speaker in national forums and reviewer in international and national journals. He is a certified biomedical waste trainer for Tamil Nadu Health Systems Project and also certified Reiki and Pranic Healer. He is recipient of two times State Best Clinical Award conducted by Indian Dental Association, Tamil Nadu chapter; Best Teacher for Dental Faculty in the year 2010 by The Tamil Nadu Dr MGR Medical University and Best Doctor Award in the year 2018 by the Government of Tamil Nadu. He is also recipient of National awards like three Times All India Best Research paper award conducted by Indian Orthodontic Society including the 8th Asia Pacific Orthodontic Conference (APOC) and the 47th Indian Orthodontic Conference (IOC). He has co-authored presentation in American Association of Orthodontics meeting at Boston, 2009. His name included among the biographic records in 2013, 30th Pearl Anniversary edition of Who's Who in the World: Published from USA as a honour. He has authored 5 textbooks out of which three books : Graber's Textbook of Orthodontics: Basic Principles and Practice, Orthodontics: Exam Preparatory Manual for Undergraduates, and Textbook of Orthodontics from Elsevier and he also has 2 more books: Textbook of Craniofacial Growth, and Manual of Pediatric Dentistry through Jaypee Brothers.

how to improve tongue posture: Orthodontics in the Vertical Dimension Thomas E. Southard, Steven D. Marshall, Laura L. Bonner, 2015-05-14 This case-based clinical text is an exhaustive review of orthodontic problems in the vertical dimension, with evidence-based guidelines for successful diagnosis and treatment. A total of 21 cases address dental deep bites, skeletal deep bites, dental open bites, skeletal open bites, and posterior open bites. Each case includes pretreatment, interim, and posttreatment orthodontic records, as well as references to provide a solid evidence base for decision making. Written with a clinical focus, *Orthodontics in the Vertical Dimension* is ideal for the practicing orthodontist and makes an excellent resource for residents in pursuit of board certification. Key Features • Detailed case-based scenarios for treatment of the spectrum of open bites and deep bites • Cases presented in question and answer format to encourage thought • 2500 clinical photographs and illustrations. "This is a great textbook, and I will use it in my classes. Highly organized and elaborately illustrated, the authors' work is inspired by problem-based learning and stimulates cognitive processes by encouraging critical thinking. Their text deserves a 'must read' category for orthodontic professionals of all ages." Dr. Jeryl D. English DDS, MS, Chairman and Graduate Program Director, Department of Orthodontics, The University of Texas Health Science Center at Houston "A terrific book for students of orthodontics and dentofacial orthopedics, covering the vertical dimension and much more. A wide range of cases are presented, treatment plans are realistic, and the authors openly discuss complications encountered during treatment." Dr. Greg J. Huang, DMD, MSD, MPH Professor and Chair Department of Orthodontics, The University of Washington School of Dentistry "This comprehensive text prepares the reader in the context of a mini-residency with a question answer teaching style. Resident and experienced orthodontists can match their cases with fully worked up patients and alternative treatment options. Well written." Dr. Katherine L. Vig, BDS, MS, FDS, D.Orth Professor Emeritus and Former Head of Orthodontics, The Ohio State University College of Dentistry

how to improve tongue posture: Oral Myofunctional Manual Pasquale De Marco, 2025-04-15 Oral myofunctional disorders (OMDs) are a group of conditions that affect the muscles and functions of the mouth and throat. These disorders can cause a variety of problems, including difficulty speaking, swallowing, and breathing. OMDs can also lead to pain in the jaw, face, and neck. This comprehensive guide provides a thorough overview of OMDs, including their causes, symptoms, and treatment options. It is written in a clear and concise style, making it accessible to both clinicians and patients. The book begins with an introduction to OMDs, including their definition, classification, and etiology. It then discusses the role of the orofacial muscles in OMDs, including their anatomy, physiology, and function. The book also covers the assessment and diagnosis of

OMDs, including the history, physical examination, and imaging studies. The book then discusses the treatment of OMDs, including myofunctional therapy, behavioral modification, speech therapy, orthodontic treatment, and surgical intervention. It also provides information on OMDs in children and adults, as well as the relationship between OMDs and sleep, orthodontics, speech, and swallowing. This book is an essential resource for clinicians and patients who are interested in learning more about OMDs. It provides a comprehensive overview of the disorder, including its causes, symptoms, and treatment options. The book is also written in a clear and concise style, making it accessible to both clinicians and patients. ****Key Features:**** * Comprehensive overview of OMDs, including their causes, symptoms, and treatment options * Written in a clear and concise style, making it accessible to both clinicians and patients * Includes information on OMDs in children and adults * Discusses the relationship between OMDs and sleep, orthodontics, speech, and swallowing If you like this book, write a review on google books!

how to improve tongue posture: Clinic Cases in Paediatrics Anthony Cohn, Ashley Reece, 2025-06-15 Clinic Cases in Paediatrics: An Outpatient Clinic Manual provides a wealth of commonly encountered clinical scenarios, to enable trainees to manage paediatric outpatient cases more effectively. Featuring in-depth analyses, trainees are prompted to apply their knowledge to real-life clinical situations, and then reach a confident diagnosis and management plan. Comprising 100 chapters, this practical, case-based manual begins with introductory guidance highlighting the core principles of running a paediatric outpatient clinic. The following chapters cover numerous common clinical case presentations, including long-term conditions. Each case is presented in a structured format, providing an overview including an authentic GP referral letter, differential diagnosis, management plans, and additional resources. Edited by recognised Hertfordshire-based experts in the field, this second edition has been extensively revised and updated with new topics in line with contemporary clinical practice. The previous edition (9781907816475) published in 2014.

how to improve tongue posture: Clinical Management of Swallowing Disorders, Fifth Edition Thomas Murry, Ricardo L. Carrau, Karen Chan, 2020-12-16 Clinical Management of Swallowing Disorders, Fifth Edition is a textbook for speech-language pathology programs that examines the diagnosis and treatment of swallowing disorders in children and adults. Thoroughly updated, this popular text emphasizes evidence-based practice, multidisciplinary team management, swallowing safety, nutrition, behavioral treatments, and management following surgical options. Authored by two speech-language pathologists and an otolaryngologist for a multidisciplinary approach, the Fifth Edition continues to be easy-to-understand text for students and also serves as an up-to-date reference for practicing clinicians who treat swallowing disorders in hospitals, rehabilitation centers, nursing homes, and private outpatient clinics. New to the Fifth Edition *New chapter on the aging population *The Anatomy and Physiology chapter has been thoroughly updated and 15 beautiful, new full color illustrations have been added *More images and enhanced figures, including additional FEES and fluoroscopy video studies of swallowing disorders in head and neck cancer and stroke patients *Many new references, easy-to-read tables, and "treatment hints" *Information on pediatric feeding and swallowing has been updated and expanded *Evidence-based practice methods have been updated *Content has been edited to be more concise, applicable, and reader friendly The text features numerous pedagogical aids to reinforce student understanding *Case study inserts in many chapters and 9 extended case studies in the final chapter *32 videos *Discussion questions and answers for each chapter *Bolded and boxed key terms throughout with an end-of-book glossary *Clinical tips, clinician's roles, areas of emphasis, and key learning points highlighted in boxes throughout the chapters *8 appendices featuring helpful tests and tools for clinicians *NEW full clinical swallowing examination record form included in appendix Disclaimer: Please note that ancillary content (such as documents, audio, and video, etc.) may not be included as published in the original print version of this book.

how to improve tongue posture: Voice and Communication Therapy for the Transgender/Gender Diverse Client Richard K. Adler, Sandy Hirsch, Jack Pickering, 2018-12-06 Voice and Communication Therapy for the Transgender/Gender Diverse Client: A Comprehensive

Clinical Guide, Third Edition remains a must-have resource for speech-language pathologists, voice clinicians and trainers who assist transgender/gender diverse clients in aligning their communication with their gender identity. Such goals for transfeminine, transmasculine and gender diverse people are far from insurmountable given appropriate training. This third edition builds on the work of the first two editions, and meets the clinical and training needs of an even larger and better-informed core of speech language pathologists and trainers. Enhancements to this edition include significantly expanded chapters on counseling, psychotherapy, theater, non-verbal communication, singing, vocal health, medical considerations, and the historical perspectives on evidence-based research as well as a call to action to meet the needs of trans youth. Chapters cover each aspect of a communication training program, including case studies, summaries, appendices and an extensive bibliography, as well as an outline of therapy protocols and ideas for transmasculine, transfeminine and gender diverse clients. New to this edition: A new co-editor, Jack Pickering, brings a fresh perspective from extensive experience in transgender voice and communication training. A comprehensive chapter addressing research and the voice and communication needs of transmasculine individuals. A chapter focusing on the needs of trans youth, future directions in this area, and the role of SLPs with this unique population. A practical chapter on psychotherapy and the relationship between the SLP and psychotherapist/social worker and how these professionals work in tandem to help in the entire transition process. A chapter on counseling for the transgender/gender diverse client, with step by step practical information that can also be used for counseling with all populations seen by SLPs. A practical chapter on theater giving the perspectives from two transgender actresses' personal experiences, a cisgender actress/voice clinician, and a cisgender voice/theater coach/teacher. An expanded medical chapter outlining foundational information on terminology, development, endocrinology and surgeries as well as the physician's role and best practice in the transition process for each client. Updated and expanded chapters on the role of multidisciplinary considerations for the transmasculine, transfeminine and gender diverse client, and assessment of these clients, in all aspects of pitch and inflection, the art and science of resonance, non-verbal communication, and group therapy and discharge. This seminal text guides clinicians and trainers who work with the transgender/gender diverse population, in designing and administering a mindful, focused, and appropriate treatment plan. Speech-language pathologists, voice coaches, ENT physicians, professors and anyone working in the areas of voice, singing, and the vocal performing arts, will find this text to be an essential resource. Disclaimer: Please note that ancillary content (such as documents, audio, and video, etc.) may not be included as published in the original print version of this book.

how to improve tongue posture: Sleep and Breathing Disorders E-Book Meir H. Kryger, 2016-07-01 Written specifically for non-sleep medicine specialists, this one-of-a-kind reference guides you through every aspect of this complex field with authoritative advice from Dr. Meir Kryger and other experts. Vibrantly illustrated in full color, it thoroughly covers the types of patients you're most likely to see in the outpatient setting and brings you up to date with the latest treatment methods, both surgical and non-surgical. - Consult this title on your favorite e-reader, conduct rapid searches, and adjust font sizes for optimal readability. - Complete coverage of the patients you're most likely to encounter, including special populations such as those with COPD, obesity hypoventilation, pregnancy, neuromuscular disorders, stroke, and more. - Specific information on topics of interest to a wide variety of physicians: heart failure and sleep disordered breathing; surgical treatments, including hypoglossal nerve stimulation; oral appliances and the treatment of sleep apnea; home sleep testing; and different types of PAP devices. - Ideal for pulmonologists, otolaryngologists, cardiologists, primary care physicians, dentists, and other healthcare providers who encounter patients with sleep and breathing disorders. - Full-color illustrations throughout, including a profusely illustrated chapter on physical diagnosis.

how to improve tongue posture: Breathe Better, Live Better The Power of Conscious Breathing Sunil Menon, 2023-05-25 Breathing comes naturally to all of us but very few of us give it much attention. We know it's important to breathe because it provides us with oxygen which is

imperative for us to live. But it is so much more than that! In a world full of stress, noise, and chaos, the power of breath can be easy to overlook. Yet, breath is the most fundamental and natural tool we have to cultivate balance, wellbeing, and health. “Breathe Better, Live Better” offers an invaluable guide to understanding and mastering the power of breath to enhance the quality of our lives. It is packed with simple, step-by-step instructions for a variety of breathing techniques, from calming and energizing pranayama to mindful meditation and more. Written by Mr. Sunil Menon, an experienced practitioner, this book provides a comprehensive overview of the different breathing techniques available, and offers practical advice on how to put them into action. It also covers topics such as the benefits of breathwork, how to incorporate it into a daily routine, and how to use it to achieve specific goals. This book is an essential resource for anyone wanting to explore the power of breathwork. Whether you are a beginner or an experienced practitioner, you will find this book to be both informative and inspiring. Enjoy the journey!

how to improve tongue posture: Jawline Definition Mira Skylark, AI, 2025-03-13 Jawline Definition offers a comprehensive, non-invasive approach to enhancing facial aesthetics, focusing on actionable strategies to improve your face contour. Moving beyond genetics, the book emphasizes the synergistic effects of targeted facial exercises for muscle strengthening, optimized hydration for skin elasticity, and improved posture for postural alignment. Interestingly, proper posture isn't just about your back; it significantly impacts facial muscle alignment, contributing to a more defined jawline. The book uniquely integrates principles from physiotherapy, dermatology, and nutrition, providing an evidence-based perspective on personal wellness. It guides you through understanding facial muscle structure, exploring the science of hydration, and mastering postural techniques. Later chapters detail specific exercises, hydration tips, and postural corrections, revealing how consistent practice can create noticeable improvements. The book progresses from foundational knowledge to practical application, empowering readers to take control of their health & fitness and facial aesthetics through simple lifestyle adjustments. By combining these accessible methods, Jawline Definition provides a sustainable path to boost confidence and achieve a healthier, more vital appearance.

how to improve tongue posture: The Breathing Cure for Better Sleep Patrick McKeown, Catherine Bane, 2025-08-26 STOP SNORING, SLEEP APNEA & INSOMNIA BREATHE WELL. SLEEP DEEPLY. WAKE RESTED. USE THE BUTEYKO BREATHING METHOD TO SLEEP SOUNDLY AND WAKE UP FRESH! In as little as seven days, experience better quality sleep, wake up more alert and benefit from improved day time energy levels. Imagine falling asleep easily . . . staying asleep deeply . . . and waking up feeling truly refreshed. In The Breathing Cure for Better Sleep, internationally acclaimed breathing expert Patrick McKeown draws on over 20 years of clinical experience to deliver a science-backed program based on the Buteyko Method — a natural, practical approach to lifelong breathing health. With simple exercises to change breathing habits both day & night, and suitable for ALL SLEEP PROBLEMS & AGES, this physician-developed reeducation to stop mouth breathing will show you how to: Transition from mouth to nose breathing with ease Stop mouth snoring and significantly reduce nasal snoring Learn how to decongest your nose & sleep soundly with your mouth closed Target the drivers of sleep-disordered breathing, including upper airway resistance syn drome (UARS) and obstructive sleep apnea (OSA) Quiet a racing mind and activate your body's rest response, helping you fall asleep more easily, and return to sleep if you wake in the night Enhance the effectiveness of sleep devices like CPAP and oral appliances by correcting dysfunctional breathing patterns Support deep, natural sleep in adults, teenagers, and children through lifelong healthy breathing habits Wake up more alert with improved daytime energy levels And for women whose sleep challenges are often misunderstood or overlooked, this book offers something long overdue: Understand why women are more likely to wake frequently at night Learn how UARS and other subtle forms of disordered breathing uniquely affect women Get practical tools and breathing techniques tailored to the needs of women at every stage of life You'll learn how to breathe gently through your nose, restore functional breathing, and apply simple yet powerful techniques to transform your sleep, naturally and effectively. Whether you're seeking deeper rest for

yourself or supporting someone you love, this book offers the understanding, guidance, and tools to help you sleep the way nature intended. YOU WILL BE ABLE TO APPLY THESE EXERCISES AND GUIDELINES AND WAKE UP REFRESHED WITHIN A FEW SHORT DAYS. READY TO JOIN THE REVOLUTION? BREATHE AND SLEEP BETTER NOW! START TODAY!

Related to how to improve tongue posture

IMPROVE Definition & Meaning - Merriam-Webster The meaning of IMPROVE is to enhance in value or quality : make better. How to use improve in a sentence. Synonym Discussion of Improve
IMPROVE | English meaning - Cambridge Dictionary Phrasal verb improve on/upon something (Definition of improve from the Cambridge Advanced Learner's Dictionary & Thesaurus © Cambridge University Press)

IMPROVE Definition & Meaning | Improve definition: to bring into a more desirable or excellent condition.. See examples of IMPROVE used in a sentence

IMPROVE definition and meaning | Collins English Dictionary If you improve on a previous achievement of your own or of someone else, you achieve a better standard or result. We need to improve on our performance against France. [VERB + on]

Improve - Definition, Meaning & Synonyms | When you improve something, you make it better. For example, you can improve your harmonica playing with practice

Improve - definition of improve by The Free Dictionary 1. to bring into a more desirable or excellent condition; make better: improving one's health. 3. to increase the value of (real property) by betterments. 4. to increase in quality or value; become

improve verb - Definition, pictures, pronunciation and usage Definition of improve verb in Oxford Advanced Learner's Dictionary. Meaning, pronunciation, picture, example sentences, grammar, usage notes, synonyms and more

IMPROVE Definition & Meaning - Merriam-Webster The meaning of IMPROVE is to enhance in value or quality : make better. How to use improve in a sentence. Synonym Discussion of Improve
IMPROVE | English meaning - Cambridge Dictionary Phrasal verb improve on/upon something (Definition of improve from the Cambridge Advanced Learner's Dictionary & Thesaurus © Cambridge University Press)

IMPROVE Definition & Meaning | Improve definition: to bring into a more desirable or excellent condition.. See examples of IMPROVE used in a sentence

IMPROVE definition and meaning | Collins English Dictionary If you improve on a previous achievement of your own or of someone else, you achieve a better standard or result. We need to improve on our performance against France. [VERB + on]

Improve - Definition, Meaning & Synonyms | When you improve something, you make it better. For example, you can improve your harmonica playing with practice

Improve - definition of improve by The Free Dictionary 1. to bring into a more desirable or excellent condition; make better: improving one's health. 3. to increase the value of (real property) by betterments. 4. to increase in quality or value; become

improve verb - Definition, pictures, pronunciation and usage Definition of improve verb in Oxford Advanced Learner's Dictionary. Meaning, pronunciation, picture, example sentences, grammar, usage notes, synonyms and more

IMPROVE Definition & Meaning - Merriam-Webster The meaning of IMPROVE is to enhance in value or quality : make better. How to use improve in a sentence. Synonym Discussion of Improve
IMPROVE | English meaning - Cambridge Dictionary Phrasal verb improve on/upon something (Definition of improve from the Cambridge Advanced Learner's Dictionary & Thesaurus © Cambridge University Press)

IMPROVE Definition & Meaning | Improve definition: to bring into a more desirable or excellent condition.. See examples of IMPROVE used in a sentence

IMPROVE definition and meaning | Collins English Dictionary If you improve on a previous achievement of your own or of someone else, you achieve a better standard or result. We need to

improve on our performance against France. [VERB + on]

Improve - Definition, Meaning & Synonyms | When you improve something, you make it better. For example, you can improve your harmonica playing with practice

Improve - definition of improve by The Free Dictionary 1. to bring into a more desirable or excellent condition; make better: improving one's health. 3. to increase the value of (real property) by betterments. 4. to increase in quality or value; become

improve verb - Definition, pictures, pronunciation and usage Definition of improve verb in Oxford Advanced Learner's Dictionary. Meaning, pronunciation, picture, example sentences, grammar, usage notes, synonyms and more

IMPROVE Definition & Meaning - Merriam-Webster The meaning of IMPROVE is to enhance in value or quality : make better. How to use improve in a sentence. Synonym Discussion of Improve

IMPROVE | English meaning - Cambridge Dictionary Phrasal verb improve on/upon something (Definition of improve from the Cambridge Advanced Learner's Dictionary & Thesaurus © Cambridge University Press)

IMPROVE Definition & Meaning | Improve definition: to bring into a more desirable or excellent condition.. See examples of IMPROVE used in a sentence

IMPROVE definition and meaning | Collins English Dictionary If you improve on a previous achievement of your own or of someone else, you achieve a better standard or result. We need to improve on our performance against France. [VERB + on]

Improve - Definition, Meaning & Synonyms | When you improve something, you make it better. For example, you can improve your harmonica playing with practice

Improve - definition of improve by The Free Dictionary 1. to bring into a more desirable or excellent condition; make better: improving one's health. 3. to increase the value of (real property) by betterments. 4. to increase in quality or value; become

improve verb - Definition, pictures, pronunciation and usage Definition of improve verb in Oxford Advanced Learner's Dictionary. Meaning, pronunciation, picture, example sentences, grammar, usage notes, synonyms and more

Related to how to improve tongue posture

Ask a doctor: 'How can I improve my posture?' (Fox News1y) More than 31 million Americans experience poor posture at some point, according to the American Chiropractic Association. Bad posture can lead to a range of health problems, including back and neck

Ask a doctor: 'How can I improve my posture?' (Fox News1y) More than 31 million Americans experience poor posture at some point, according to the American Chiropractic Association. Bad posture can lead to a range of health problems, including back and neck

Want to improve your posture? Experts share 5 tips that will help. (Yahoo1y) Your parents may have told you to sit up straight, but that's not the only reason why it's important to maintain good posture. A lifetime of slouching can cause physical discomfort as we age — and

Want to improve your posture? Experts share 5 tips that will help. (Yahoo1y) Your parents may have told you to sit up straight, but that's not the only reason why it's important to maintain good posture. A lifetime of slouching can cause physical discomfort as we age — and

How to improve poor posture (Rolling Out2y) Poor posture has become a problem for many people in spite of and due to modern-day advances. Using technology like personal computers and laptops or extended periods can lead to poor posture,

How to improve poor posture (Rolling Out2y) Poor posture has become a problem for many people in spite of and due to modern-day advances. Using technology like personal computers and laptops or extended periods can lead to poor posture,

How to Improve Your Posture (Hosted on MSN4mon) Dr. Andrew Huberman and Dr. Kelly Starrett discuss the critical role of posture in health, strength, and performance, offering actionable advice to improve posture, enhance movement, and prevent pain

How to Improve Your Posture (Hosted on MSN4mon) Dr. Andrew Huberman and Dr. Kelly

Starrett discuss the critical role of posture in health, strength, and performance, offering actionable advice to improve posture, enhance movement, and prevent pain

Trainers Say These Are The 5 Best Pilates Moves To Boost Strength And Improve Posture

(Hosted on MSN2mon) The most powerful anti-aging secret isn't found in a serum or moisturizer—it's in how you move. Don't believe me? Just take a look at the research, like this 2021 review of literature on exercise and

Trainers Say These Are The 5 Best Pilates Moves To Boost Strength And Improve Posture

(Hosted on MSN2mon) The most powerful anti-aging secret isn't found in a serum or moisturizer—it's in how you move. Don't believe me? Just take a look at the research, like this 2021 review of literature on exercise and

Want to improve your posture? Sitting on the floor could help (Atlanta Journal-Constitution2y)

The latest TikTok trend is actually offering good advice on improving back support TikTok's latest trend, #Floortime, already has more than 38 million views, and it's helping people with back issues

Want to improve your posture? Sitting on the floor could help (Atlanta Journal-Constitution2y)

The latest TikTok trend is actually offering good advice on improving back support TikTok's latest trend, #Floortime, already has more than 38 million views, and it's helping people with back issues

Back to Home: <https://phpmyadmin.fdsu.edu.br>