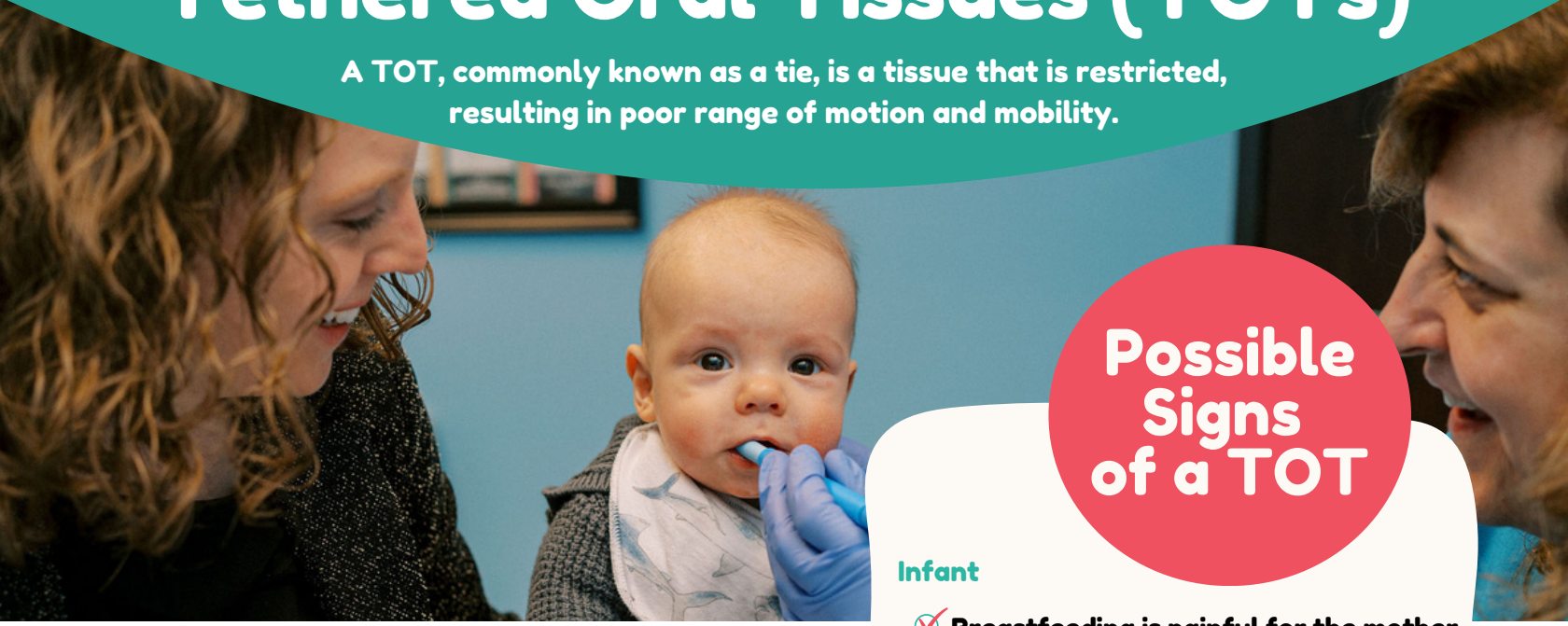


# Tethered Oral Tissues (TOTs)

A TOT, commonly known as a tie, is a tissue that is restricted, resulting in poor range of motion and mobility.



## Possible Signs of a TOT

### Infant

- ✓ **Breastfeeding is painful for the mother**
- ✓ **Latch is extremely shallow**
- ✓ **Lips will not flange around nipple**
- ✓ **Retracted jaw**
- ✓ **May choke during sucking**
- ✓ **May have difficulties turning neck (torticollis)**

### Older Child

- ✓ **Tongue thrusting**
- ✓ **Mouth breathing**
- ✓ **Poor breathing during sleep**
- ✓ **Picky eating**
- ✓ **Poor jaw, lip, & tongue patterns while eating**
- ✓ **Teeth grinding**
- ✓ **Elongated face**
- ✓ **Poor speech clarity**

### TOTs can be hereditary.

Children are born with these restrictions. Tongue ties are the most commonly diagnosed TOT, however, ties can be present in other places of the mouth, including the middle, right, or left sides of the upper and/or lower lips and on the front and/or back of the tongue. Tongue-tie restrictions will anchor the tongue to the floor of the jaw. Lip-tie restrictions may not allow a child to smile.

### Early identification is the key to preventing a variety of potential issues.

Many parents don't know that their child has a TOT until the child is in elementary school and is experiencing difficulties. There are also many people who get revision surgeries as adults once a TOT has been identified.

### How can we help?

Occupational therapy (OT) and craniosacral therapy (CST) can loosen TOT restrictions, allow for greater ease of movement, strengthen muscles, and improve food tolerance by bringing increased success to jaw, tongue, cheek, and lip movements.

**If therapy is provided before a revision, a child's recovery is faster;** this is because a TOT is a muscle that never got a chance to work, thus resulting in poor muscle control due to weakness. Pre- and post-surgery treatment provides the best chance for success and strengthening skills.

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Contact us today to schedule an evaluation.

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