



OMD Goal Hierarchy

Prior to beginning an OMD program, it is very important that the patient is aware of the two main causes of OMDs: unresolved airway concerns and sucking issues.

It is also important that the patient knows that the goals of therapy are to maintain a patent nasal airway and correct resting posture of the tongue.

Time during the first therapy appointment needs to be spent teaching the patient where “the spot” is and doing activities that prompt this understanding.

The patient will:

Nasal Breathing Goals:

1. Improve number of jumping jacks from ** to ** for 3 consecutive sessions;
2. Improve Buteyko Breathing steps from ** to ** for 3 consecutive sessions;
3. Reduce Mallampati score from ** to ** for 3 consecutive sessions;
4. Reduce Friedman score from ** to ** for 3 consecutive sessions;

Lip Function Goals:

1. improve lip strength from ** pounds to ** pounds, for 3 consecutive sessions;
2. pucker lips in 10/10, for 3 consecutive sessions;
3. hold a kissing suction for 5 seconds, for 3 consecutive sessions;

Tongue Function Goals:

1. narrow the tongue at will in 10/10 opportunities, for 3 consecutive sessions;
2. move the tongue in a vertical direction, without jaw stabilization, in 10/10 opportunities, for 3 consecutive sessions;
3. move the tongue in a horizontal direction, without jaw stabilization, in 10/10 opportunities, for 3 consecutive sessions;
4. move the tongue in a lateral direction, without jaw stabilization, in 10/10 opportunities, for 3 consecutive sessions;
5. create a tongue bowl in 10/10 opportunities, for 3 consecutive sessions;
6. create a tongue bowl and maintain it for 15 seconds, for 3 consecutive sessions;
7. click the tongue in 10/10 opportunities, for 3 consecutive sessions;
8. suction the tongue to the palate and maintain it for 30 seconds, for 3 consecutive sessions;



Oral Phase of the Swallow, Swallowing Goals:

1. clear utensils with lips, with 90% accuracy, for 3 consecutive sessions;
2. chew unilaterally, with 90% accuracy, for 3 consecutive sessions;
3. create a bolus, with 90% accuracy, for 3 consecutive sessions;
4. transfer the bolus onto the tongue, with 90% accuracy, for 3 consecutive sessions;
5. occlude the molars while swallowing, with 90% accuracy, for 3 consecutive sessions;
6. suction the tongue to the palate during the swallow, with 90% accuracy, for 3 consecutive sessions;
7. swallow solids with correct tongue placement, with 90% accuracy, for 3 consecutive sessions;
8. swallow liquids with correct tongue placement, 90% accuracy, for 3 consecutive sessions