I. Why Myofunctional Therapy and Sleep Disordered Breathing: Overview

9:00-9:15 INTRO
Introduction: Myofunctional Therapy. Why Now?
—Aditi Desai, BDS, MSc, President British Society of Dental Sleep Medicine

9:15-10:30 Emerging OMT Part 1
—Marc Richard Moeller, Managing Director, Academy of Orofacial Myofunctional Therapy, Executive Director, Academy of Applied Myofunctional Sciences (USA)

10:30-10:45 Break

10:45-11:45 Emerging OMT Part 2

II. Physiology, Phenotyping, and Practice

11:45-12:30 Phenotyping OMT
Altered Genioglossus Function in OSA; a Phenotype for Myofunctional Therapy
—Venkata Koka, MD, ENT, FRCSEd (France)

12:30-13:30 Lunch (Included)

13:30-14:50 OMD Assessment & Treatment
Orofacial Myofunctional Disorders: How Phases of Orofacial Therapy Integrate within the Stomatognathic System for the Best Possible Outcome.
—Samantha Weaver, MS, Speech Language Pathologist, Director AOMT (USA)

15:30-15:45 Break

15:45-16:05 Cases
The effect of tongue-tie on the mechanics of swallow causing aspiration of material into the airway causing ongoing respiratory illness in paediatrics 0-3 years: A case review.
—Katrina Rogers, Specialist Speech and Language Therapist, Dysphagia Consultant (UK)

16:05-16:20 Cases
The role of Myofunctional Therapy in the Optimisation of Orofacial and Airway Health: Case Studies.
—Yulli Tamayo-Myerson, Dental Hygienist and Therapist, (UK)

III. Case Presentations

14:50-15:30 Cases -Joy
Functional Aspects of Treating Sleep Disorders, Malocclusion & Orofacial Pain: Case Reviews.
—Joy Lea Moeller, BS, Registered Dental Hygienist, Director, AOMT (USA)

IV. Panel Discussion and Conclusion:

16:20-17:00 Panel & Conclusion
Myofunctional Therapy in the UK: A Path Forward?

Panelists
• Aditi Desai
• Venkata Koka
• Samantha Weaver
• Joy Lea Moeller
• Katrina Rogers
• Yulli Tamayo-Myerson

Co-Moderators
Marc Richard Moeller
AOMT, AAMS
Adrian Williams, MD
Kings College, St. Thomas' & Guys Hospital
Upon completion of this program the attendees will be able to

• Identify Orofacial Myofunctional Disorders and their relationship to craniofacial morphology and sleep disordered breathing
• Appraise the potential of myofunctional therapy alone or in combination therapy targeted to muscle phenotype in a precision medicine model and evaluate the success.
• Discuss the impact of restricted frenulae beyond speech and feeding impairment
• Appraise the relationship between mouth breathing patterns, tongue restriction, posture, and sleep disordered breathing
• Identify frenum restriction as a clinical marker for OSA and understand frenum surgery in conjunction with myofunctional therapy as a critical treatment modality.
• Illustrate and appraise the impact of orofacial myofunctional therapy on orofacial tonus and the oropharyngeal wall
• Employ a clinical decision making model to help providers determine when to implement OMT in children suspected with OSA

(Ouilleminault 2016, Yoon 2017, Yoon 2017) have helped strengthen the foundation for OMT to emerge.

This symposium will critically evaluate the recent evidence on OMT, while exploring what is known clinically that may be of immediate interest to those working in sleep medicine who wish to apply a precision medicine approach including ENT, orthodontic, pulmonary, and OMT intervention.

This day of presentations will explore foundational work being done to establish OMT research and will present some of latest OMD screening tools undergoing validation, objective measurements of progress in OMT, and their application in a dental, medical and myofunctional therapy practice that will lay a foundation for broader acceptance, demand, and establishment of standards of care.

**Learning Outcomes**

Upon completion of this program the attendees will be able to

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**Target Audience**

Sleep Specialists, sleep researchers, dentists, dental hygienists, speech-language therapists, sleep technologists, sleep medicine instructors, otolaryngologists, physiotherapists, allied health professionals, myofunctional therapists, public health specialists
Marc Moeller, BA | USA
Marc is the Managing Director of the Academy of Orofacial Myofunctional Therapy (OMT www.aomtinfo.org), and Executive Director and Founding Board Chair of the Academy of Applied Myofunctional Sciences (www.aamsinfo.org), has spoken on Orofacial Myofunctional Therapy (OMT) in over 30 countries to date and supported the facilitation of research, public health projects, clinical protocols, and curriculum development in OMT with over 50 universities, hospital groups, and governments around the world. Since 2011 Marc has been on a Public Health Committee of the Teste de Linguiinha (Frenulum Inspection Protocol) organized out of Brazil that has helped medically validate frenulum inspection protocols for infants (Martinelli) and adolescents/adults (Marchesan) that has passed 18 laws (including a national law in Brazil effective since January 2015) requiring frenulum inspection at birth for newborns. Marc is a graduate of University of California, San Diego and is based in Los Angeles. Marc is an adjunct professor at the University of the Pacific Dugoni School of Dentistry.

Venkata Koka, MD | France
Venkata Koka is an Otolaryngologist and Sleep medicine specialist working as a consultant in sleep medicine department in Hospital Antoine Becleere, Clamart, and in private practice in Paris. Obtained diplomas in Sleep Medicine from Paris XI university, ESRS and WSS. Actively involved in academics and research activities in sleep medicine and sleep physiology and also an international speaker in the field of sleep medicine during various courses and workshops. Identified a clinical sign ‘EK sign’ in OSA in 2015.

Samantha Weaver, MS, SLP | USA
Samantha Weaver has been practicing Myofunctional therapy since 2009 working in two clinics that specialize in breathing remediation and Orofacial Myofunctional therapy with children and adults. In addition to being a therapist, she is a director of the Academy of Orofacial Myofunctional Therapy, whose curriculum leads the area of OMT, helping facilitate the latest evidence based research touching on breathing remediation and sleep disorders. TMJ disorders, posture, fascia-release, and frenulum inspection and surgery. She holds a B.S. in Voice and Speech and a Masters of Science in Communicative Disorders. Samantha is a founding board member of the AAMS, is an adjunct professor at Dugoni School of Dentistry in San Francisco and supports research on myofunctional therapy at several universities around the world.

Joy Lea Moeller, BS, RDH | USA
Joy Lea Moeller is a dental hygienist who has worked as a myofunctional therapist for over 39 years. She is a founding director with the AOMT, a founding board member of the AAMS, and teaches with the School of Sleep Medicine in Palo Alto, California. Joy is on the board of the ASAA (American Sleep Apnea Association), and the AAPMD, a multi-disciplinary medical and dental group interested in airway problems where she received a life-time achievement award March of 2015 for leadership. Joy has lectured world-wide. She feels strongly that OMT will “Bridge the Gap” between medicine and dentistry.
Adrian Williams, FCRP, DIPAASM | UK

Adrian Williams, FCRP, DIPAASM in 1975 he took tenure at Harvard Medical School where his interest in sleep began with the investigation of Sudden Infant Death Syndrome (S.I.D.S). Here he published a definitive study implicating Obstructive Sleep Apnoea (OSA) as a cause of the syndrome. In 1977, took up a post as Chest Physician at U.C.L.A. where he further developed his interest in OSA and published one of the very first reports of OSA causing hypertension and of oximetry as a natural diagnostic tool. In 1985 Dr Williams became tenured Professor of Medicine at U.C.L.A. and Co-Director of U.C.L.A.'s Sleep Laboratory and was one of the first to become a Fellow of the American Academy of Sleep Medicine (AASM). In 1994, he returned to the UK taking up the directorship of the Sleep Disorders Centre at St Thomas’s Hospital. Here he developed one of the UK’s only comprehensive sleep services with continued interest in Sleep Disordered Breathing and its treatment. Dr Williams is a Diplomat of the American Board of Sleep Medicine, a founding member of The British Sleep Foundation, the Sleep Medicine Section of the Royal Society of Medicine, and the R.L.S. UK Group. In 2010, King’s College, London appointed him as the first substantive Professorial Chair in Sleep Medicine in the UK.

YULLI TAMAYO-MYERSON RDHT OMT BBP | UK

Dental Hygienist and Therapist (RDHT). Founder and Director of My Dental Hygienist Clinic and Myofunctional Therapy UK, with over 20 years dental experience. Currently working and implementing a combination of Dental Hygiene and Therapy, Myofunctional Therapy, Buteyko Breathing re-education, Tethered Oral Tissues assessment, CBT and NLP.

Katrina Rogers, SLP | UK

Katrina is a specialist speech and language therapist working as a Consultant in Dysphagia in Kent Community NHS Foundation Trust. Independent practice in the field of speech, language and communication. Worked integratively to include physiotherapists, occupational therapists, and medical colleagues developing her knowledge and skills of the anatomy and how the whole body can influence head and neck muscles over the oral pharyngeal muscles affecting, eating, drinking, voice, breathing and speech sound production. Trained as an orofacial myofunctional practitioner looking at therapeutic management holistically recognising the relationship of the tongue on the development of the face and how tongue-tie can affect and influence swallow/eating and drinking difficulties, breathing, sleep difficulties, mouth and teeth shape. Diagnostic techniques improving accuracy of assessment through videofluoroscopy, SEmg, measuring respiratory patterns. She is an honorary lecturer at Christchurch University, Greenwich for Paediatric Dysphagia and a speaker at several healthcare conferences. 2019 winner of the Winston Churchill Memorial Trust Fellowship where she will be tasked with exploring how to establish OMT in the NHS of the UK.

Aditi Desai, BDS, MSc | UK

Aditi Desai is the President of the British Society of Dental Sleep Medicine (BSDSM). Dr Desai limits her practice predominantly to the management of sleep disorders. Based in Harley Street and London Bridge Hospital, she works with other eminent physicians and ENT consultants as part of a multidisciplinary team of likeminded professionals with special interest in Sleep Medicine.is a founder of Global Sleep Solutions.