

# ROLE OF TETHERED ORAL TISSUES IN MYOFASCIAL STRAIN

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Demystifying Fibromyalgia Health Professionals Certification Training Event

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# FINANCIAL DISCLOSURES

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- None



# TOPICS

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- What is myofascial strain and how does it relate to Fibromyalgia?
- What are tethered oral tissues?
- Tethered oral tissues & myofascial strain
- Treatment of tethered oral tissues for myofascial strain



# MYOFASCIAL STRAIN

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- "Myofascial" = MUSCLE + FASCIA
  - Pertaining to muscle and the overlying connective tissue
- "Strain"
  - A force tending to pull or stretch something to an extreme or damaging degree
  - A severe or excessive demand on the strength, resources, or abilities of someone or something

\*Credit: Oxford Dictionary



# MYOFASCIAL PAIN & FIBROMYALGIA

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- "Myofascial Pain"

- Pain caused by repetitive motions or tension (muscle contractions)
- Repetitive motions/tension = breathing compensations

- "Fibromyalgia"

- Many common sites for Fibromyalgia-related pain coincide with sites important for breathing
  - Neck, upper shoulders, chest, rib cage, lower back, thighs, arms, joints



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# IMPROVING MYOFASCIAL PAIN & FIBROMYALGIA

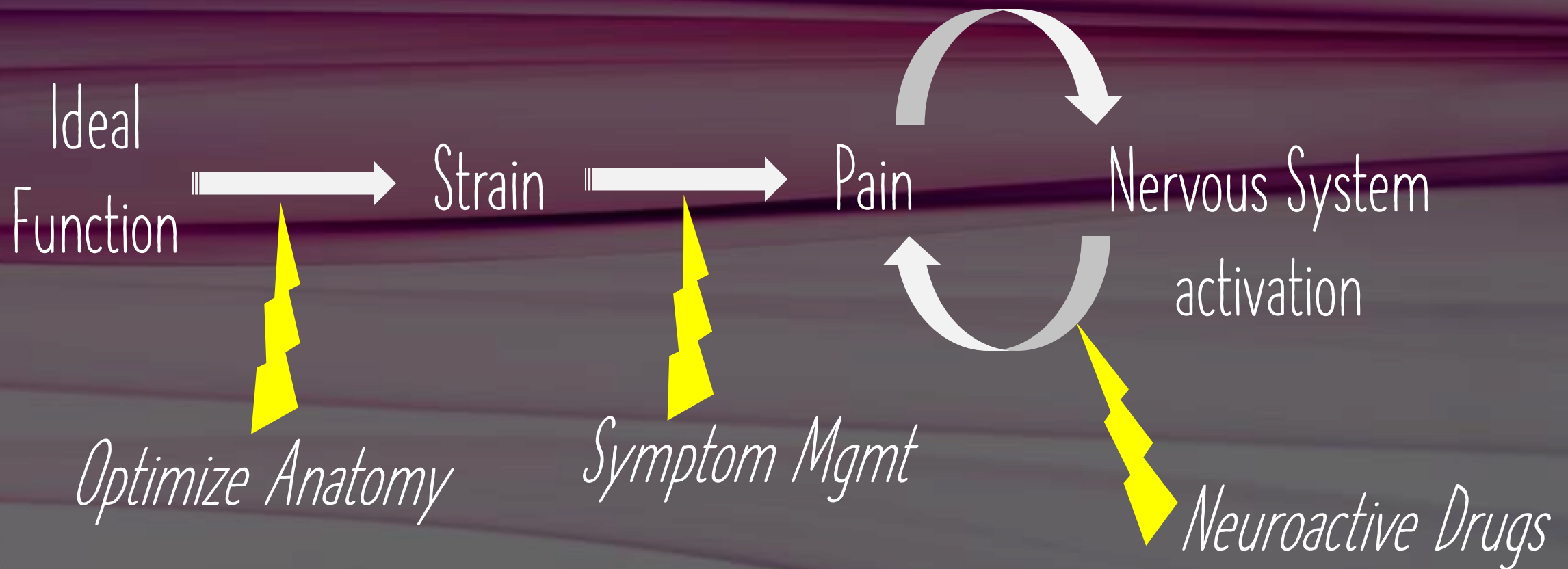
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Fibromyalgia = Sensitization of nervous system to perpetuate myofascial pain



# IMPROVING MYOFASCIAL PAIN & FIBROMYALGIA

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# IMPROVING MYOFASCIAL PAIN & FIBROMYALGIA

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*Optimize Anatomy*

*Symptom Mgmt*

*Neuroactive Drugs*

Interventions to  
improve breathing  
& sleep & posture

Manual  
Therapy

Painkillers  
Acupuncture  
Injections

Duloxetine  
Milnacipran  
Pregabalin

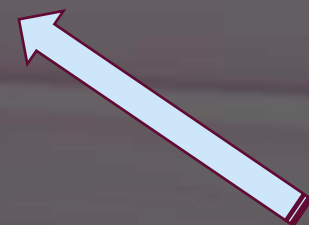
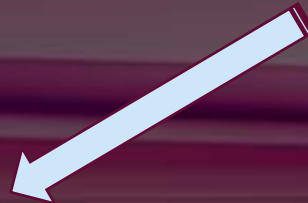


# IMPROVING MYOFASCIAL PAIN & FIBROMYALGIA

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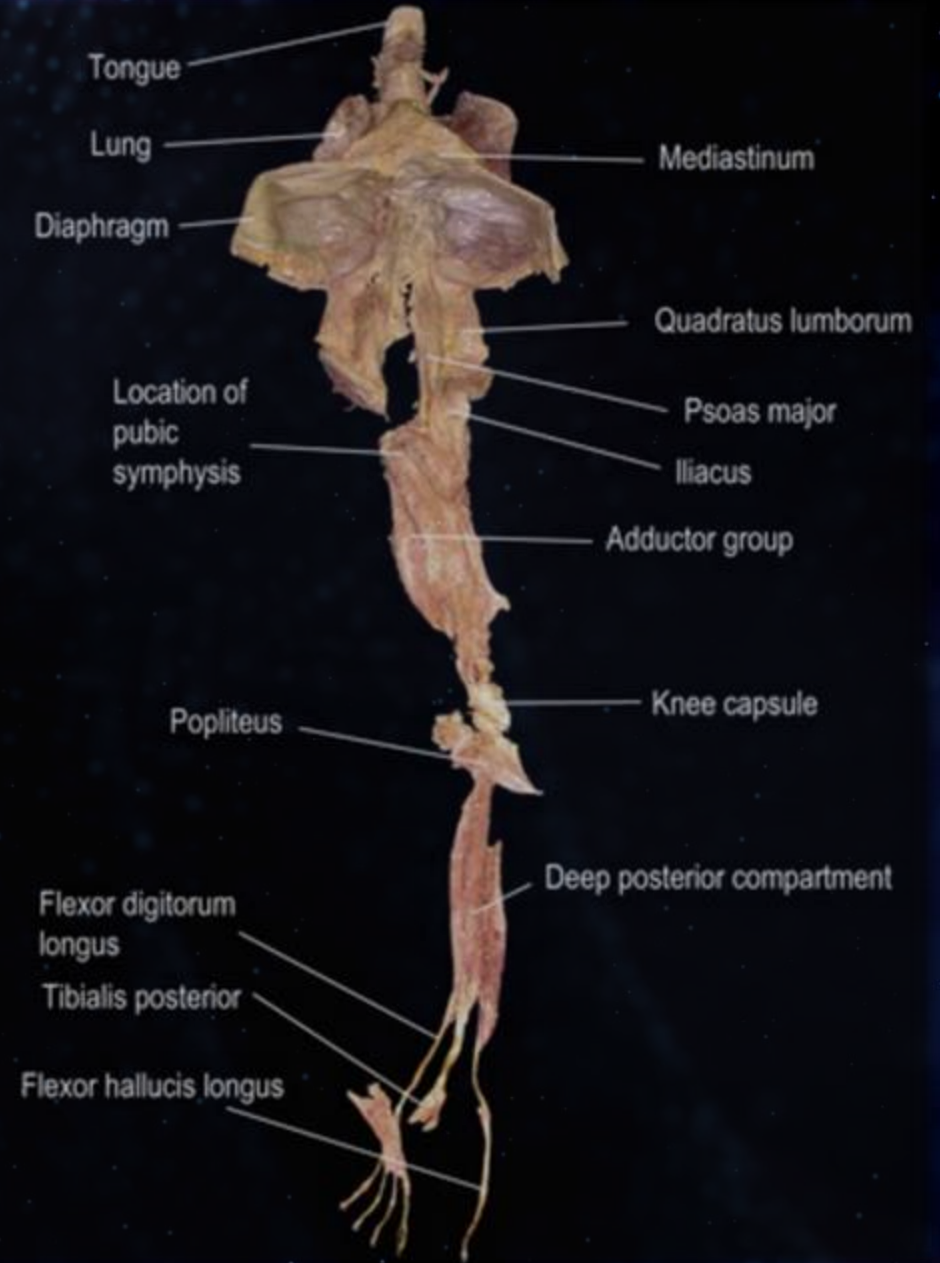
Interventions to  
improve breathing  
& sleep & posture

Treatment of Tethered Oral Tissues



# OROMYOFASCIAL CONNECTIONS

- Dr Allen Sprinkle's dissection of the "deep front line":
  - "Tongue to Toes"



# PHYSICAL EXAMINATION OF ORAL RESTRICTIONS

- Tongue
- Upper and Lower lips
- Upper and Lower cheeks
- Attachments
- Tension



# TETHERED ORAL TISSUES

- Connective tissue attachments that lead to functional impairment of mobility
- Mobility + Compensation = Function
  - If Mobility is adequate to achieve Function → NO compensation needed
  - If Mobility + Compensation are not enough → Dysfunction = Symptoms
  - If Mobility + Compensation are enough to achieve Function... can still have problems due to effects of Compensation
- "Frenula" vs "Ties"
  - "Tie" implies functional impairment



# Ankyloglossia: Tongue Tie



# Labial Ties: Upper & Lower Lips

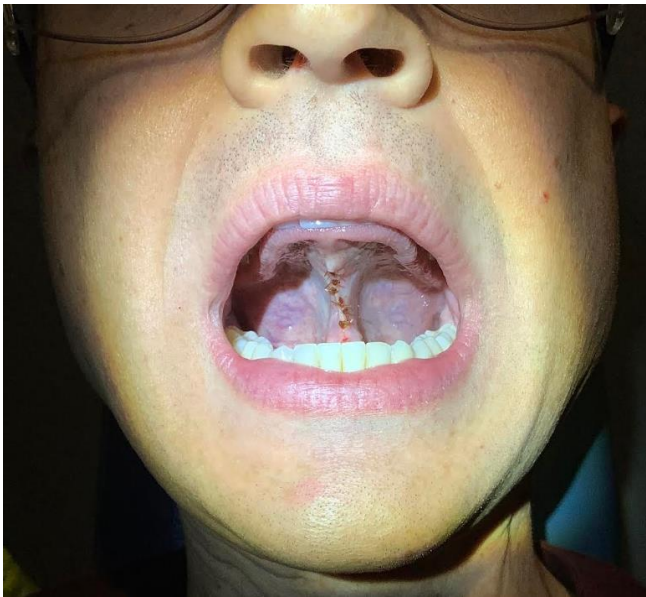
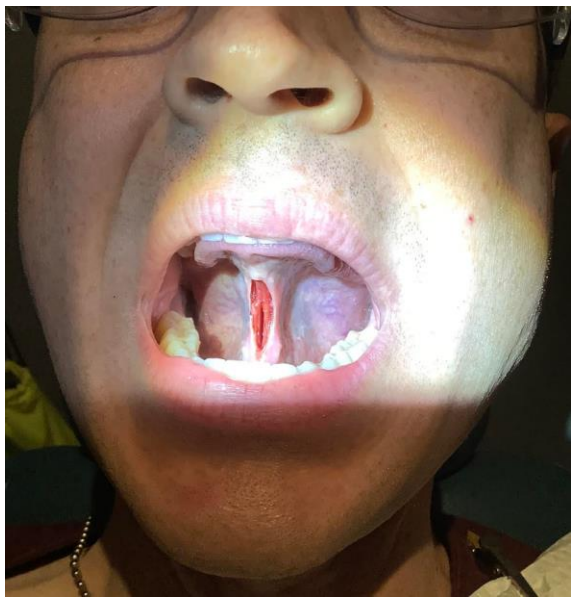
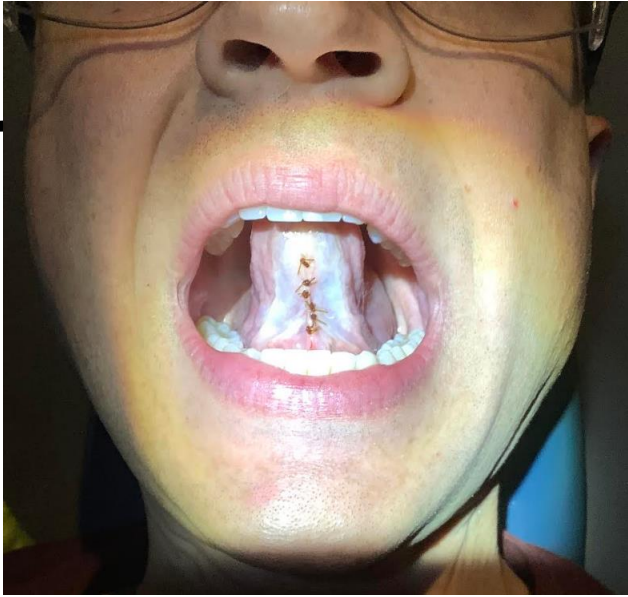


# Buccal Ties: Upper & Lower Cheeks





# LINGUAL FRENULOPLASTY



# LINGUAL FRENULOPLASTY IN ATHLETE



# VESTIBULAR TIE RELEASES: BEFORE & AFTER



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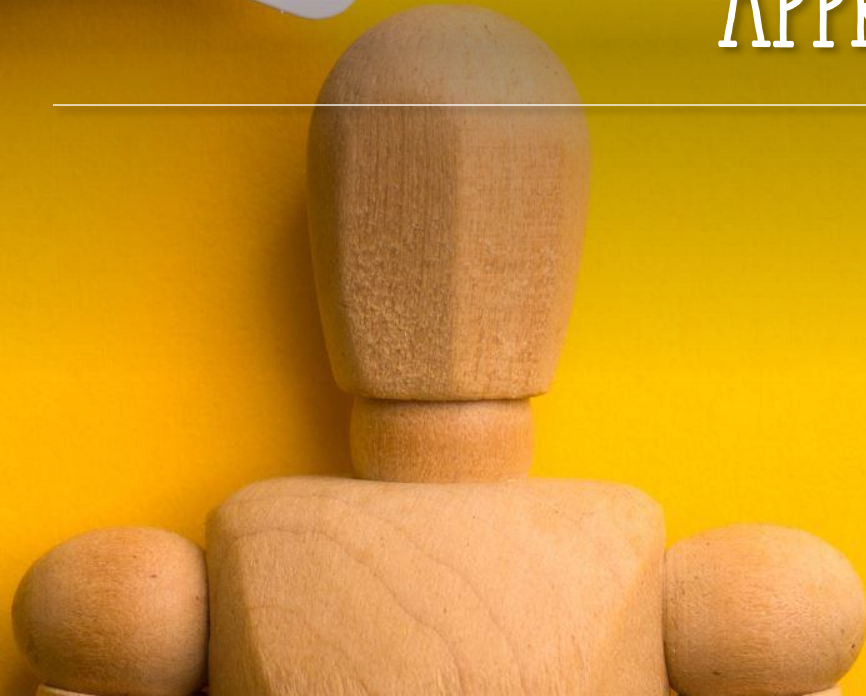
# VESTIBULAR TIE RELEASES: BEFORE & AFTER





HOW DO I KNOW IF A RELEASE IS  
APPROPRIATE?

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# FRENULAR COMPRESSION MOBILITY TEST

- Concept: remove the tension associated with the frenulum by compressing it and observe for improvements
  - Range of motion
  - Ease of motion
  - Facial strain/tension
  - Neck strain/tension





Nasal Mgmt

Surgery

Myofunctional  
Therapy

# TREATMENT OF TETHERED ORAL TISSUES

Palate Mgmt

Bodywork

# THANK YOU!

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