

## WHO IS AFFECTED?

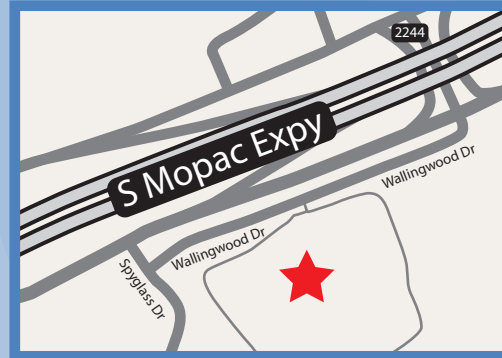
- Tongue thrust can affect individuals of all ages, children through adult.

## POSSIBLE CAUSES?

- Long-term sucking habits (thumb, fingers, tongue)
- History of large tonsils / adenoids
- Tongue-tie
- Inability to close lips completely
- Open bite (front teeth don't meet when mouth is closed)



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# Central Texas Speech Pathology Services, Inc.

## What is Tongue Thrust?

*Tongue Thrust is an abnormal and inefficient swallowing pattern that is characterized by pushing the tongue against the back of or between the teeth. Due to the abnormal pressure of the tongue against the teeth during swallowing, tongue thrust can cause misalignment of the teeth and jaw. Problems with speech clarity may also result due to incorrect contact of the tongue during speech, resulting in distortions.*



*Speech Pathology is our business,  
our **ONLY** business!*

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## WHAT ARE THE VISIBLE SIGNS OF TONGUE THRUST?

- Mouth in open posture when at rest
- Abnormal protrusion of the tongue when speaking or at rest
- Chewing with the mouth open
- Exaggerated jaw movements when chewing
- Appearance of “licking lips” while eating
- Projecting the tongue forward during swallowing
- Pressing the lips together very hard when swallowing
- Drinking large amounts of liquids during meals to “wash down” the food
- Distorted pronunciation, particularly of /s/ and /z/
- Asymmetry in movement of the lower face muscles, including the jaw, when beginning to speak
- Limited lip movement during speech

## WHAT ARE THE MAJOR PROBLEMS CAUSED BY TONGUE THRUST?

- Misarticulation of speech sounds, including consonants and vowels
- Misalignment of the teeth, jaw, and other facial features
- Misalignment of teeth after orthodontics have been completed
- Poor digestion of solid foods
- Delay in the development of speech during early childhood
- Presence of tongue thrust may have a negative impact on dental corrections.

## TONGUE THRUST CAN BE CORRECTED!

### Evaluation

- Your healthcare provider may refer you to a speech pathologist/therapist who can perform an evaluation to assess the effects of tongue thrusting on speech clarity and swallowing.

### Treatment Planning

- Dental treatment, swallowing therapy, and speech therapy can be coordinated to provide comprehensive care.
- The speech pathologist will develop an individualized therapy program to improve swallowing and speech intelligibility, in coordination with your dental treatment plan.

### Therapy

- Lip, tongue, and cheek muscles are strengthened, and an efficient, normal swallowing pattern is established.
- Normal resting posture for the tongue is also established to relieve pressure on the teeth.
- If necessary, speech therapy is provided to improve articulatory precision.



## ABOUT US

**CTSPS Inc.** also offers evaluation and treatment of patients of all ages for conditions such as:

- Articulation
- Swallowing
- Fluency
- Voice
- Language
- Cognitive deficits
- Specific learning disabilities
- VCD

All services are provided by speech-language pathologists licensed in Texas and certified by the American Speech-Language and Hearing Association.

## INSURANCE

**CTSPS Inc.** is a participating provider for the following insurance networks:

- Aetna
- BCBS
- United
- Humana
- Smarthealth (Seton Health)
- Medicare
- Medicaid

We can also file out-of-network claims for other insurance companies and offer multiple payment options for treatment not covered by insurance.

*To obtain more information about our services, please contact our office at 512-327-6179*