

Migraines & Body Tension

Discover the intricate connection between your tongue and overall body wellness. From the tip of your tongue to the tips of your toes, the fascia is linked, influencing everything from chronic tension to migraines and headaches. *See Image Below*

Enter Myofunctional Therapy (MFT), a specialized form of physical therapy designed to alleviate muscle tension in the head, shoulders, and neck. Through targeted exercises, MFT strengthens the tongue and orofacial muscles, guiding individuals to engage them in the correct positions. These exercises play a pivotal role in normalizing facial and oral structures, facilitating optimal movement restoration by harmonizing muscles, nerves, and the brain. Research even suggests that MFT, when combined with a tongue tie release, can effectively address myofascial tension.

Struggling with headaches attributed to temporomandibular joint (TMJ) pain, disrupted sleep, or poor posture? MFT holds promise in providing relief. Its non-invasive neuromuscular exercises target the root causes of headaches, particularly when tongue and muscle issues are involved. By fortifying oral muscles and refining tongue placement, orofacial myofunctional therapy aids in alleviating jaw pain and associated chronic discomfort, including neck pain.

Consider the impact of everyday habits on headaches. The constant strain from incorrect mouth positioning can lead to persistent muscle tension, destabilizing the jaw and triggering headaches. MFT intervenes by addressing orofacial myofunctional disorders, guiding the tongue to its proper resting place against the roof of the mouth, ultimately promoting a closed-mouth position that eases tension headaches.

