

MANAGEMENT OF TONGUE THRUSTING

Tongue thrust self corrects by 8 to 9 years of age by the time permanent teeth erupt

If habit persists beyond this age?

Speech therapy

Misarticulated consonants like 's', 'z', 'sh', 'ch' will be corrected by speech therapist.

Subconscious Therapy

A reminder sign which involves repeating six times "I will swallow correctly all night long"—for 10 nights.

Myofunctional therapy

- Orthodontic elastics and sugarless fruit drop exercises
- 2s exercises
- 4s exercises
- Tug of war
- Button pull exercises

Mechanotherapy

- Preorthodontic trainer
- Modifications of Hawleys appliance
 - Tongue crib
 - Oral screen.