

ORAL GYMNASTICS- PERIODONTAL VANTAGE POINT

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ABSTRACT:

Facial musculature aids in orofacial functions involves speech, mastication, deglutition, where it plays a main role. Orofacial myofunctional exercises are exercise which is in associated with form and functions of face and lip. This includes facial and tongue exercises such that it enhances proper tongue position, improved breathing, chewing and swallowing. Orofacial muscle exercises not only guide in management of deleterious oral habits but also improves in the muscular tonicity and proper speech which leads to a congruous orofacial functioning. This article not only address oral cavity but also throws a light over myofascial therapy that includes head and neck. It also facilitates proper nasal breathing, promotes post-operative healing by myofunctional exercise.

Keywords: Periodontal Myotherapy, Oral gymnastics, Muscular exercise