



Oro-maxillofacial physiotherapy in case of anterior open-bite

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Abstract :

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Anterior open-bite is a disorder of dental occlusion. It is consecutive to the tongue interposition common to ventilation / swallowing dyspraxias associated or not with a non-nutritive sucking. For this re-education work, the physiotherapist explains, argues and motivates. He is a facilitator. He looks for all the involvement of the patient necessary to make his praxis gestures evolve towards physiology. Method: the prerequisite for rehabilitation is perfect nasal hygiene and the elimination of non-nutritive suctions. In the office, the ventilation/swallowing sequence is made conscious. The physiological gestures are acquired through video-controlled exercises. Thereafter, the sequence is repeated *in vivo* on a daily basis in activities

that become progressively more involving. To help the patient in his progress, it is necessary to justify the necessity of the efforts that are required of him as he progresses. There are many reasons to mobilize for this approach: to be able to chew with the mouth closed, to protect oneself from dental trauma in case of a fall with the mouth open, to better guide facial skeletal growth, to stabilize the occlusion. In the medium term, the aim is to prevent mandibular disturbances, obstructive breathing disorders, dysphagia and serious swallowing disorders.

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Lingual ultrasound: interest of a complementary assessment

Lingual structural and functional analysis has become an important part of the evaluation of the patient with a malocclusion, especially open bite. This requires relevant tools that can be easily integrated into daily practice. Ultrasound allows a quantitative and qualitative analysis in a non-invasive and non-irradiating way. The evaluation will focus on the thickness of the tongue, its width according to the distance between the lingual arteries, the swallowing patterns... Ultrasound shows its interest in the initial assessment of the patient but also in the follow-up during his treatment: awareness, dynamic work under echography....