

# Facial Oral Tract Therapy: Unleashing the Power of a Healthy Face and Oral Cavity



## FACIAL MOLDING STROKES

FACIAL MOLDING STROKES ARE COMMONLY USED IN ORAL MOTOR THERAPY FOR THE PURPOSE OF BRINGING ATTENTION TO FACIAL MUSCLES, REDUCING HYPERTONICITY, AND DESENSITIZING TOUCH AND TEXTURE (MORRIS AND KLEN 2008).

### INSTRUCTIONS:

- Wrap a rough terrycloth (a cheap washcloth will do) around your pointer finger.
- Apply firm pressure following the numbers and arrows in the image to the left. Do not stop at lips - keep going past lips!
- Make it fun by counting or singing a song while completing the strokes.
- If the child is resistant, allow him/her to play with the washcloth first, and work up from hands, arms, cheeks, and eventually the strokes.

## MUSCLES TARGETED IN THIS EXERCISE

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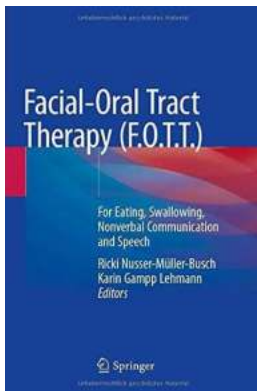


Our face is not only the window to our soul but also an important indicator of our overall health. A healthy face reflects youthful vitality, while various oral issues can lead to a host of health problems. Fortunately, there is a revolutionary therapy called Facial Oral Tract Therapy (FOTT) that can help unleash the power

of a healthy face and oral cavity, enhancing both our appearance and overall well-being.

## The Importance of a Healthy Face

Your face is the first thing people notice about you. It's where your emotions are displayed and where your beauty shines through. However, factors such as stress, lack of sleep, aging, and poor oral health can take a toll on your face's appearance, leading to sagging skin, wrinkles, and other signs of premature aging.



### Facial-Oral Tract Therapy (F.O.T.T.): For Eating, Swallowing, Nonverbal Communication and Speech

by Ricki Nusser-Müller-Busch (1st ed. 2021 Edition, Kindle Edition)

★★★★☆ 4 out of 5



FOTT focuses on rejuvenating the face by incorporating various techniques, including facial massages, acupressure, and specialized exercises. These techniques stimulate blood circulation, strengthen facial muscles, and relieve stress, effectively restoring a healthy glow to your face.

## The Link Between Oral Health and Overall Well-being

Most people are unaware of the profound impact oral health has on their overall well-being. Neglecting proper oral hygiene can lead to dental problems such as

gum disease, tooth decay, and bad breath. However, the consequences of poor oral health extend far beyond the mouth.

Research has shown that oral health issues can contribute to a variety of systemic diseases, including heart disease, diabetes, and even certain types of cancer. FOTT addresses oral health concerns through a combination of therapeutic dental treatments and facial exercises designed to promote a healthy oral cavity.

## **How Facial Oral Tract Therapy Works**

FOTT is a comprehensive approach that combines traditional dental treatments with alternative therapies to address both oral health and facial aesthetics. Some of the techniques used in FOTT include:

- **Oral Myofunctional Therapy:** This therapy focuses on correcting improper tongue posture, swallowing patterns, and mouth breathing habits. By retraining these functions, FOTT helps improve oral health and facial muscles.
- **Facial Yoga:** Similar to the benefits of yoga for the body, facial yoga exercises target specific facial muscles to enhance their strength and flexibility, leading to a more youthful appearance.
- **Acupuncture:** By stimulating specific facial acupuncture points, FOTT can enhance circulation, reduce inflammation, and promote overall facial rejuvenation.
- **Massage Therapy:** Facial massages help relax the facial muscles, relieve tension, and improve blood flow, resulting in a more vibrant and youthful complexion.

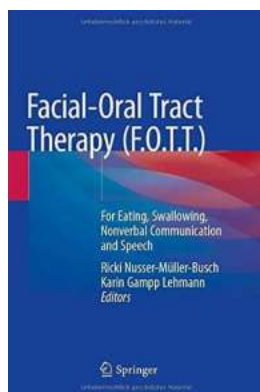
## The Benefits of Facial Oral Tract Therapy

Facial Oral Tract Therapy offers a wide range of benefits, including:

- Improved oral health and prevention of dental problems.
- Reduced signs of aging, such as wrinkles and sagging skin.
- Enhanced facial symmetry and definition.
- Boosted self-confidence and improved overall appearance.
- Relief from chronic facial pain and headaches.
- Reduction of stress and improved emotional well-being.

Your face and oral cavity play a significant role in your overall well-being. Neglecting their health can lead to serious consequences for both your appearance and overall health. Facial Oral Tract Therapy offers a holistic approach to address both oral health and facial aesthetics, providing a pathway to unlock the true potential of your face and oral cavity.

If you're ready to unleash the power of a healthy face and oral cavity, consider exploring the transformative benefits of Facial Oral Tract Therapy. You'll be amazed at the positive changes it can bring to your life.



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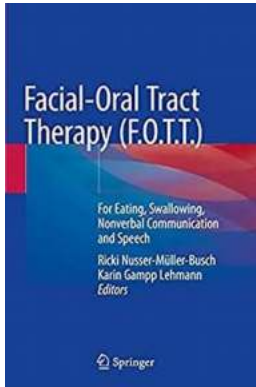
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The book offers a comprehensive approach to the assessment and treatment of disturbances in facial expression, oral movement, swallowing, breathing, voice and speech production caused by developmental and acquired neurological conditions. The principles outlined are used in patients with different etiologies (e.g. stroke, tumors, traumas).

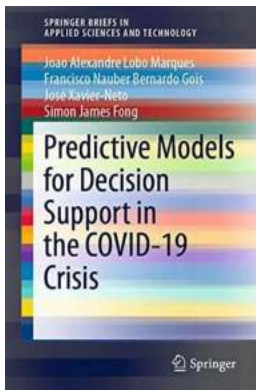
F.O.T. T., developed by Kay Coombes, is a hands-on approach based on an understanding of neurological functions and the way we learn from experience. The approach aims to give the patient experience of physiological posture and movement using facial-oral functions in normal activities of daily living (ADL). Rather than mere “exercises”, F.O.T.T involves meaningful activities aiming to promote participation, according to ICF criteria.

Four main areas are covered: nutrition, oral hygiene, nonverbal communication and speech. Each chapter summarises the problems of severely ill patients and shows the clinical reasoning behind the solutions offered. Separate chapters discuss tracheostomy management and the training of the carers involved, including relatives. The chapter authors are experienced specialists (physio-, occupational- and speech-language therapists and physicians), whose contributions aim to provide interdisciplinary perspectives and translate latest research into clinical practice.



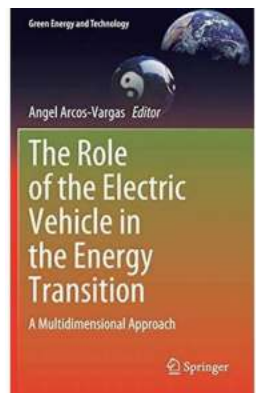
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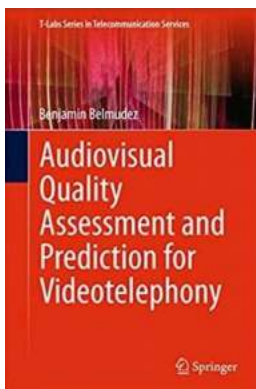
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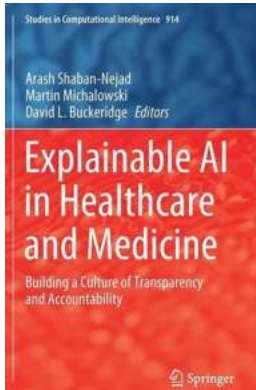
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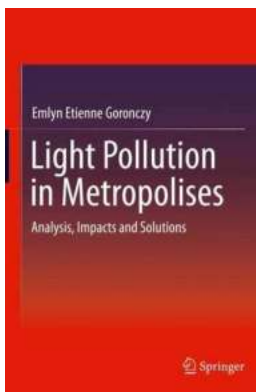
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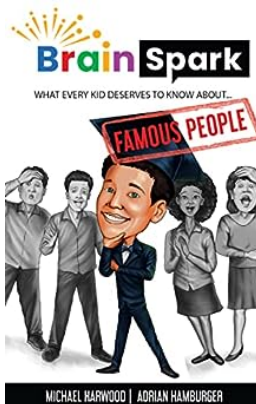
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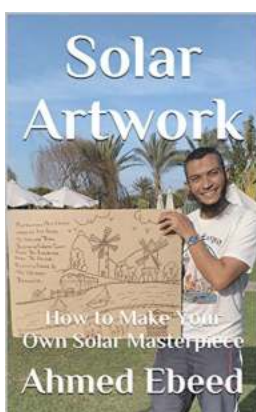
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