

5 Steps to Identify Tongue Thrust



1. Mouth Resting Posture

The patient's mouth sits slightly open when relaxed and their tongue rests between or against their teeth.



2. Swallow Pattern

When the patient swallows, their tongue moves forward or out of their mouth.



3. Tooth Alignment

- High narrow palate
 - Open bite
 - A significant overbite or overjet
 - Slow tooth emergence
 - Bilateral tooth issues
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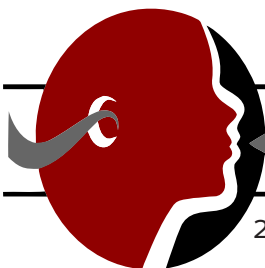


4. Family History

If a parent exhibits symptoms, it is more likely that their children will have Tongue Thrust too.

5. Orthodontic History

A patient that has had braces for an unordinary amount of time or multiple times without satisfactory results may have Tongue Thrust.



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