

# Tethered Oral Tissues

Tethered oral tissues are thickened or shortened tissues that restrict proper movement of the tongue, lip or cheeks.

This limited movement can impact breastfeeding, bottle feeding, breathing and airway mechanics, speech, and orthodontic health.



ALLIANCE  
CHIROPRACTIC + ACUPUNCTURE

## SYMPTOMS

Crying, irritability, reflux, gassiness, slow or no weight gain, colic, falling asleep at the breast, pulling at the breast, can't maintain a latch, clamping the nipple, dripping milk while nursing or bottle feeding, clicking when sucking, lip callus formation, heart-shaped tongue, snoring

### BABY

### MOM

Pain during or after breastfeeding, cracked or blistered nipples, bleeding, prolonged feed times, low milk supply, creased or white nipples, compression bruises, flattened nipples, mastitis, clogged ducts, excessive drooling,



## Chiropractic Care and TOTs

Tethered oral tissues can impact both bottle and breast fed babies.

A breastfeeding mom's symptoms are just as important as the baby's.

Tongue-tied babies and children practice sucking against resistance until their ties are released. Generally, there is significant muscle dis-coordination that causes the child to nurse inefficiently.

Chiropractors can alleviate significant muscle tension with bodywork. Tongue ties can contribute to torticollis as a factor in nursing difficulty.

Dr. Leighton is a trained pediatric chiropractor, trained in hands-on approaches to provide care for infants with

tongue and/or lip ties. She works inside and outside of the mouth to stretch tight muscles, and uses myofascial techniques to release adhesions that restrict jaw, tongue, and lip movement. Simple exercises are then performed and discussed with parents to help promote full movement of the oral structures and neck. She also checks for proper movement of the neck and performs gentle, safe adjustments to the spine. Pediatric chiropractic care is an ideal solution for children pre- and post-revision.