




Oral Myofunctional Disorders  
& Swallowing  
Handbook





ORAL MYOFUNCTIONAL DISORDERS	SWALLOWING
Tongue Thrust Swallow Open Bite Thumb, finger, pacifier sucking Associated Speech Sound errors	<ul style="list-style-type: none"> <li>● Oral phase</li> <li>● Pharyngeal phase</li> <li>● Esophageal phase</li> </ul>

In 2003, Simone Friedman was approached by an orthodontist in Toronto to help her clients with their tongue thrust swallows prior to getting their braces put on and definitely before being taken off. Simone decided to fly to California to take a 5 day intensive accreditation course specifically in Oral Myofunctional Disorders. She came back to Toronto bringing with her knowledge and programming to fix this very interesting condition. This program has been implemented for 14 years with an astounding success rate.

Simone has since trained all her staff in this program and the results continue. If followed correctly, the program will provide you with the desired results. There is no reason, if you have a tongue thrust swallow that you have to worry. We know exactly how long it will take to correct. After each session, you will receive a homework assignment that has to be practiced three times per day for 5 minutes. If you do this, your tongue thrust swallow will be resolved.





## How Are Oral Myofunctional Services Offered at Therapy Spot?

### Step One

#### Assessments at Therapy Spot:

- Interview of the individual, their family, or important communication partners
- Review of case history (pre-injury status, academic, employment status, medical & rehabilitation history, etc.)
- Comprehensive assessment of
  - Oral Myofunctional Disorders
  - Swallowing (If needed)
  - **we do on-site hearing tests for understanding speech and language**
- Consultation with other professionals or review of their reports as indicated





## Step 2: Treatment

- You will receive your program each week.
- You will receive the necessary supplies
- Goals will be broken down into achievable steps and each therapeutic session will target one of those sub-steps to allow for continued progress.
- You will be able to see the progress each week

# How are Swallowing Services Offered at Therapy Spot?

## Step One

Before we can begin treatment, we need to complete an assessment to answer the following questions:

- What are your swallowing issues in the context of your daily life?
- What are the cognitive, communication, speech, or language difficulties that may affect your ability to understand any instructions for swallowing(i.e. work, school, family interactions, community involvement)?

### Assessments at Therapy Spot:

- Interview of the individual, their family, or important communication partners
- Review of case history (pre-injury status, academic, employment status, medical & rehabilitation history, etc.)



- Comprehensive assessment of
  - Swallowing
  - Consideration of potential contributing factors (fatigue, sleep disturbance, pain, medication, stress, hearing, mental illness, etc.)
  - Dysarthria
  - Apraxia
  - **we do on-site hearing tests for understanding speech and language**
- Selection, administration, and interpretation of standardized tests
- Consultation with other professionals or review of their reports as indicated
- Collaboration with client in the preparation of Goal Attainment Scale meaningful Goals







## Step 2: Analysis of Results and Development of Treatment Plan

An individualized 12-week (most often) plan is developed for you. The plan takes into consideration :

- Your assessment results,
- Your current needs,
- Goals you want to achieve
- Task analysis of each goal in order to break it down into sub-steps that can be achieved over a 12 week period.
- Decision on where Treatment will take place:
  - Your home
  - Your work-place
  - Your school
  - Our clinic



## Service Pricing

### ASSESSMENTS

ASSESSMENT TYPE	SESSION #	APPOINTMENT LENGTH	ASSESSMENT COST
<b>Oral Myofunctional Disorders</b> (Tongue Thrust Swallow, Open Mouth Posture, Open Bite, Thumb or Finger Sucking)	<b>Session 1 -</b> Direct 1 on 1 with Therapist and Client to review history, discuss concerns and complete standardized tests	1.5 Hours (Client Present)	\$294
	<b>Session 2 -</b> Indirect ( <b>no client present</b> ) Scoring of tests, Analysis of Data and Treatment Plan Creation, Report Writing	0.5 Hour (No Client Present)	









#### ASSESSMENTS

ASSESSMENT TYPE	SESSION #	APPOINTMENT LENGTH	ASSESSMENT COST
Swallowing Assessment	<b>Session 1 -</b> Direct 1 on 1 with Therapist and Client to review history, discuss concerns and complete test	1.5 hours (Client Present)	\$471.00
	<b>Session 2 -</b> Indirect <b>(no client present)</b> Scoring of tests, Analysis of Data and Treatment Plan Creation	1.5 Hours (No client Present)	





## Treatment Service Pricing for Oral Myofunctional Disorders Program

Hourly Rate: \$147.00 (includes cost of material)

Program includes Treatment over 1 year period:

Initial Consultation Sessions 1 – 8 (once per week over 2 months)

Sessions 9,10,11,12 – (once every other week) – over a period of 2 months

Sessions 13, 14, 15 – (once every 2.5 months) – over a period of 7.5 months

Final Evaluation at one year mark



SESSION #	LENGTH OF DIRECT 1 ON 1 SESSION WITH THERAPIST	PREP AND SERVICE PLANNING TIME	COST OF SESSION
Sessions 1 and 2	60 minutes	7.5 minutes Service Planning and 7.5min progress notes	Cost: \$183.75/each Total: \$367.50
Sessions 3-15	45 minutes	7.5 minutes Service Planning and 7.5min progress notes	Cost: \$147/each Total: \$1911.00
Final Evaluation	60 minutes	7.5 minutes Service Planning and 7.5min progress notes	Cost: \$183.75

Material Included in hourly rate

Total Overall Cost of Treatment program			\$2462.25
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# Treatment Service Pricing For Swallowing Treatment

Senior Speech-Language Pathologist: \$142/hour

CEO (Simone Friedman): \$157/hour

Clinical Director and Supervisor: \$157/hour

Communicative Disorders Assistant: \$95/hour





SENIOR SPEECH-LANGUAGE PATHOLOGIST (\$139/HOUR)			
SESSIONS LENGTH	SERVICE TYPE	SESSION COST	AVERAGE DISCOUNT PERCENTAGE ON BLOCK RATE
45 minutes	Block Rate	\$117.00	22% Discount
1 hour	Block Rate	\$142.00	25% Discount
1.5 hours	Block Rate	\$213.00	16.5% Discount
2 hours	Block Rate	\$284.00	12.5% Discount
45 minutes	Regular Rate	\$142.00	
1 hour	Regular Rate	\$177.50	
1.5 hours	Regular Rate	\$248.50	
2 hours	Regular Rate	\$319.50	





CEO AND/OR CLINICAL DIRECTOR (\$157/HOUR)			
SESSIONS LENGTH	SERVICE TYPE	SESSION COST	DISCOUNT PERCENTAGE ON BLOCK RATE
45 minutes	Block Rate	\$133.00	18.5% Discount
1 hour	Block Rate	\$157.00	25% Discount
1.5 hours	Block Rate	\$235.50	16.5% Discount
2 hours	Block Rate	\$314.00	12.5% Discount
45 minutes	Regular Rate	\$157.00	
1 hour	Regular Rate	\$196.25	
1.5 hours	Regular Rate	\$274.75	
2 hours	Regular Rate	\$353.25	

For therapy sessions with a Communicative Disorders Assistant (CDA), SLP supervision time is also billed at 25% of the treatment sessions. This charge is averaged over the treatment sessions at the rate of \$10/session.

COMMUNICATIVE DISORDERS ASSISTANT (\$85/HOUR)				
SESSION LENGTH	SERVICE TYPE	SLP SUPERVISION	TOTAL SESSION COST	DISCOUNT PERCENTAGE ON BLOCK RATE
45 minutes	Block Rate	\$10.00	\$80	19% Discount
1 hour	Block Rate	\$10.00	\$95.00	23% Discount
1.5 hours	Block Rate	\$10.00	\$138	15% Discount
2 hours	Block Rate	\$10.00	\$180.4	11.5% Discount
45 minutes	Regular Rate	\$10.00	\$95.00	
1 hour	Regular Rate	\$10.00	\$116.25	
1.5 hours	Regular Rate	\$10.00	\$158.75	
2 hours	Regular Rate	\$10.00	\$201.25	



T H E R A P Y  
S P O T



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