RESPIRA
AIRWAY, SNORING & TMJ
+ MYOFUNCTIONAL THERAPY

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Airway, Snoring, TMJ, Tethered Oral Tissues, and Myofunctional Therapy Referral

Date: _____ Patient DOB: _____

Patient Name: _____

Address: _____

Phone: _____

Referring Provider: _____

Office Phone: _____ Provider Email: _____

Referring Provider's Area of Specialty: _____

_____

❑ **Overnight Attended Sleep Study/Polysomnogram** ❑ **Already Done** ❑ **Needed**

Reason for Referral: _____

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Medical History and Pertinent Physical Exam Findings:

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Lips
- ❑ Open posture at rest
- ❑ Lip strain with lip seal
- ❑ Lip ties
- ❑ Crusty, dry lips

Facial
- ❑ Narrow smile
- ❑ Long face height
- ❑ Flattened cheeks
- ❑ Eye shiners - dark circles under the eyes
- ❑ Bags under eyes
- ❑ Facial asymmetry
- ❑ Gummy smile

Malocclusions
- ❑ Crowded/crooked teeth
- ❑ Crossbite
- ❑ Open bite

Growth & Development
- ❑ Under growth curve
- ❑ Arrested growth
- ❑ Lower jaw set further back than upper jaw or overbite
- ❑ Weak chin - lower jaw retruded
- ❑ Maxilla retruded

Tongue
- ❑ Restricted lingual frenulum
- ❑ Forward tongue resting posture
- ❑ Scalloped tongue

Imaging (CBCT or Ceph)
- ❑ Narrow posterior air space
- ❑ Nasal resistance
- ❑ Vertical position of the hyoid (should be C4, lower not good)

Intra-Oral Exam
- ❑ High narrow palate
- ❑ Swollen tonsils & adenoids
- ❑ Excessively worn teeth

- ❑ Chronic otitis
- ❑ Speech problems
- ❑ Poor eating & swallowing
- ❑ Parafunctional habits
- ❑ Increased BMI
- ❑ Mouth Breathing or Dry Mouth

❑ Comments _____

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Symptoms
- ❑ Difficulties breastfeeding
- ❑ Dysphagia
- ❑ Snoring
- ❑ Tooth grinding
- ❑ Coughs, Colds, and Chest infections
- ❑ Chronic allergies
- ❑ Nasal Congestion
- ❑ Snoring and fatigue
- ❑ Asthma symptoms
- ❑ Cognitive communication deficits
- ❑ Poor academic performance
- ❑ Language delays
- ❑ Frequent headaches
- ❑ Frequent nightmares
- ❑ Nocturia
- ❑ Child behavioral disorders
- ❑ Aggressive behavior
- ❑ Irritability
- ❑ Possible dx of ADD or ADHD
- ❑ Restless Sleep
- ❑ Eczema

POS Reorder # 2111346