



# CAPABILITIES STATEMENT

## WHO WE ARE

Pittsburgh Orofacial Myofunctional Therapy, LLC has been dedicated to helping Pennsylvanians of all ages with oral function issues since 2016.

## EXPERIENCE

We were the first orofacial myofunctional therapy clinic in Pittsburgh, and our sole focus from the start has been oral and facial muscle dysfunction issues.

## SERVICES

Our services include pre- and post-natal lactation counseling services, oral habit cessation programs (digit sucking, nail biting, pacifiers, and more), orofacial myofunctional therapy, nasal breathing re-education, CranioSacral Therapy, a limited menu of massage/bodywork services, TummyTime!™ method and infant massage classes, and pre-habilitative and post-habilitative care for frenectomies and jaw surgeries.

## DIFFERENTIATORS

By becoming a Certified Orofacial Myologist®, Alyssa Stiles has shown that she is well-qualified to treat individuals with tongue thrusting and other orofacial myofunctional disorders. She has taken 5 introductory orofacial myofunctional therapy courses and incorporates elements of each into her treatment sessions. Alyssa is also a Registered Dental Hygienist, Licensed Massage Therapist, Certified Lactation Counselor, Certified Buteyko Breathing Educator, and certification-track Thumb Sucking Clinic provider. She has received advanced training in myofascial release, CranioSacral Therapy, TMJ massage, facial and abdominal cupping, lymphatic drainage, nasal breathing re-education, baby-friendly pre/post frenectomy exercises and stretches, tethered oral tissues (TOTs), the myofunctional evaluation, mastication, breastfeeding, and thumbsucking. She participates in various study clubs related to her work.

Sarah Klein is a Registered Nurse and International Board Certified Lactation Consultant. She has experience as a former La Leche League Leader, midwife, and massage therapist.

She is an IBCLC Master Class graduate, currently finishing courses in Dynamic Body Balancing and is working on TummyTime!™ and infant massage instructor certifications.

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