INTAKEQ4U - DAILY NOTE (MYO)

1. Provider _____ Date _____ Start Time _____ End Time _____

2. Basic Recap

Client/Patient Readiness/Willingess to Participate

☐ Patient was prepared and participated well ☐ Patient participated but required redirection
☐ Patient was uncooperative ☐ Parent or guardian was present during session

Short-Term Goals

☐ Consistently touch "the spot" at least 10x
☐ Elevate the tongue to the "the spot" comfortably for at least 60 seconds
☐ Be able to sustain a strong, even suction for a minimum of 60 seconds
☐ Be able to dissociate movements of the tongue from the lips and jaw in all 3 planes of movement (lateral, horizontal, and vertical), 10x
☐ Be able to shape the tongue into a steady bowl for a minimum of 15 seconds
☐ Differentiate movements of the tongue tip, tongue blade, and tongue body by holding the tongue in the shape of a taco for at least 15 seconds
☐ Be able to generate intra oral pressure with the tongue on "the spot" ☐ Strengthen the lips to 3-5lbs
☐ Comfortably achieve good oral rest posture (including palatal tongue position) for a minimum of 30 minutes
☐ Achieve comfortable pause of at least 25 seconds
☐ Strengthen the tongue enough to hold it flat and steady, without support, for at least 5 seconds
☐ Be able to suction and trap water and saliva to the top of the tongue for swallowing at least 10x
☐ Be able to differentiate movement of different parts of the tongue with "tick tocks" or "anterior and posterior suction releases"
☐ Eliminate nail biting habit ☐ Eliminate thumb sucking habit ☐ Eliminate finger sucking habit
☐ Eliminate pacifier habit ☐ Eliminate chewing habit ☐ Stop leaning head on hand
☐ Prepare the myofascia, practice suctioning, maximize function and reduce compensatory movements as much as possible before surgery
☐ Guide the healing process, maximize function and reduce compensatory movements after surgery

Long-Term Goals

☐ Habituate nasal breathing (90% of the time — day and night)
☐ Habituate proper tongue rest posture (90% of the time — day and night)
☐ Reduce episodes of stress-based nocturnal and diurnal bruxism and habituate the establishment of freeway space (90% of the time)
☐ Reduce tongue thrusting that occurs during all meals and snacks to less than 10% ☐ Swallow a pill

3. Activities

Review of Last Session's Activities

_____

New Activities

4.

5. Other Notes

6. Next Visit

Signature

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