

# Myofunctional Therapy in Pediatric Cases: REMplenish Jr Impact

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*This study aimed to evaluate the efficacy of the Remplenish Jr. bottle in addressing oral myofunctional disorders among children aged 3-9, when used in conjunction with myofunctional therapy.*



Before



After

### Case #1 5 y.o. male

In this case, a child with a history of speech therapy for 6 months, focusing on lateral and interdental lisps, showed limited progress. Concerns about tongue thrust led to a referral to myofunctional therapy. Despite good sleep and occasional bedwetting, the child exhibited habitual daytime open-mouth breathing. Myofunctional evaluation revealed several issues, including narrow arches, posterior tongue restriction, and difficulty in tongue function. The parents' goals were to improve speech therapy outcomes and address mouth breathing solely through myofunctional therapy, without considering lingual frenum release or orthodontic intervention. After just two myofunctional therapy sessions, combined with consistent use of the REMplenish Jr bottle during the 5 week study, significant improvements were noted, including enhanced lingual palatal seal and suction, improved jaw function, and better soft palate lift. These improvements suggest the effectiveness of myofunctional therapy, particularly when complemented by the REMplenish Jr bottle, in addressing oral myofunctional disorders.

### Case #2 9 y.o, female

In this case, a child with a history of poor latching and breastfeeding, prolonged pacifier use, and concerns about speech development was evaluated for myofunctional therapy due to a confirmed posterior tongue tie. Despite initial financial barriers and inconsistent therapy sessions, significant improvements were observed after incorporating the REMplenish Jr bottle into the treatment regimen. The child exhibited enhanced lingual palatal seal and suction, improved jaw function, and better lip seal during the daytime. During the study myofunctional therapy sessions only consisted of exercises for breathing, lip strengthening and jaw stability. These improvements suggest the potential effectiveness of the REMplenish Jr bottle as an adjunct to myofunctional therapy in addressing oral myofunctional disorders, particularly in cases with financial constraints or inconsistent therapy attendance.



Before



After

### Case #3 8 y.o. female

In this case, a child with a history of poor latch, painful breastfeeding, and habitual pacifier use underwent ALF appliance treatment prior to the study. Despite the unreleased tongue tie and lack of prior myofunctional therapy, significant improvements were observed after incorporating the REMplenish Jr bottle into the daily routine. The child demonstrated improved lingual palatal seal and suction, along with enhanced soft palate elevation. Notably, the use of the bottle alone diminished the therapeutic needs, suggesting its potential as an initial intervention for patients facing personal or financial barriers to starting myofunctional therapy. This case highlights the beneficial impact of the REMplenish Jr bottle in addressing oral myofunctional issues, particularly in cases where immediate access to therapy is limited.



### 03. Results & Conclusion

Results: Following the intervention, all three cases exhibited marked improvements in posterior tongue function, lingual palatal seal, and reduced mouth breathing. Notably, each case demonstrated the establishment of a closed lip resting posture without strain, indicative of enhanced oral function.

Conclusions: This preliminary study highlights the potential utility of the Remplenish Jr. bottle as an adjunctive tool in ameliorating mouth breathing and posterior lingual oral dysfunction among children within the 3-9 age group. The findings suggest promising outcomes in tandem with myofunctional therapy, warranting further exploration in larger-scale studies to validate its efficacy.

#### Related literature

Detailed outcomes of each case can be found at:  
[www.themyospot.com/study.html](https://www.themyospot.com/study.html)

More research and reading on REMplenish and REMplenish Jr. can be found at:  
<https://remasteredsleep.com/pages/supporting-research>

#### Notable Improvements

- Lip Competency
- Tongue Palatal Seal
- Posterior Tongue Engagement

### 01. Introduction & Purpose

Myofunctional therapy, a compliance-based exercise program targeting neuromuscular reeducation in individuals aged 5 and above, presents challenges in accessibility and implementation within dental practices. Early intervention is pivotal for lifelong health improvement. A newly launched product, REMplenish Jr., tailored for children aged 3-9, enters as a promising adjunct to bolstering tongue strength to enhance oral function and proper swallowing. This study investigated REMplenish Jr.'s efficacy in addressing oral myofunctional disorders when paired with therapy. Three cases were analyzed: post tongue-tie release with therapy, pre tongue-tie release with therapy, and expansive orthodontic treatment without therapy. Over a 5-week period, the study evaluated the bottle's impact on various myofunctional goals.

### 02. Methods

Each case was instructed to consume 18 fluid ounces of liquid daily using the Remplenish Jr. bottle for the designated 5-week duration. Evaluations were conducted at the conclusion of the intervention period, assessing changes in posterior tongue function, lingual palatal seal, suction, and mouth breathing.

#### IMPORTANT NOTE

Participants were not paid to partake in the study and were provided with the product at no cost. All results are the joint effort of REMplenish Jr nozzle and/or myofunctional therapy.

