

TOP NEWS

INDIA NEWS

HT Leadership Summit Day 5 LIVE: Boris says, 'Ukraine heroism will beat Putin'

Updated on Nov 12 10:20 AM IST

HIMACHAL PRADESH ASSE...

Himachal Pradesh election 2022 LIVE: CM Thakur, his family cast votes

Updated on Nov 12 09:50 AM IST

HIMACHAL PRADESH ASSE...

Amit Shah makes special appeal to 'mothers, sisters, youth' as Himachal votes

Updated on Nov 12 09:33 AM IST

INDIA NEWS

Controversy over Dr Vikas Divyakriti's statement on Sita: 'I have proof'

Updated on Nov 12 09:35 AM IST

TRENDING TOPICS

Narendra Modi

Elon Musk

Delhi Pollution Narendra Modi

Elon Musk

Delhi Pollution

Horoscope Today

NEET UG 2022 Seat Allotment

PM Narendra Modi In Bengaluru

DONT MISS

BOLLYWOOD

Kareena Kapoor parties in London with her crew, poses for pics: 'My mains'

Published on Nov 12 08:57 AM IST

BOLLYWOOD

Bhumi Pednekar flaunts toned abs in black crop top, fans call her Kim Kardashian

Published on Nov 12 09:47 AM IST

CRICKET

Watch: Babar Azam breaks silence on Pakistan PM's '152/0 vs 170/0' tweet on IND

Published on Nov 12

Home / Lifestyle / Health / Does tongue position contribute to health? Here's ...

Does tongue position contribute to health? Here's what experts say

Health

Published on Oct 17, 2021 11:00 AM IST

From a series of exercises to strengthen the tongue or myofunctional therapy promoted by Hollywood celebrities like Kourtney Kardashian to tongue ties in children and adult, experts reveal the relation between the tongue and irregular sleep or incorrect posture



Does tongue position contribute to health? Here's what experts say(Photo by Fernanda Greppe on Unsplash)

Follow Us



By Zarafshan Shiraz, Delhi

It is no secret that the front, back and middle of our tongues are supposed to rest at the roof of our mouth while its tip rests right behind our front teeth. However, sometimes there is a tight fascia beneath the tongue which

It is no secret that the front, back and middle of our tongues are supposed to rest at the roof of our mouth while its tip rests right behind our front teeth. However, sometimes there is a tight fascia beneath the tongue which restricts its position and is known as a tongue tie.

From a series of exercises to strengthen the tongue or myofunctional therapy promoted by Hollywood celebrities like Kourtney Kardashian to tongue-ties in children and adult, experts reveal the relation between the tongue and irregular sleep or incorrect posture in an exclusive interview with Hindustan Times.

Dr. Ankita Shah, Founder of Dentician and The Tongue Tie & Sleep Institute told HT Lifestyle Digital that there is scarce awareness about tongue ties, incorrectly positioned jaws and teeth that can obstruct our airway and hamper our sleep which then create issues with breastfeeding, speech, eating habits, crooked teeth, posture, aches, anxiety and quality of life. According to her, myofunctional therapy "is one of the fun ways of exercise to treat these problems."

She reveals, "In the US, Myofunctional Therapy is widely recognised and many Hollywood celebrities such as Kourtney Kardashian, John Legend and Chrissy Teigen and DJ Khaled have already opted for myofunctional therapy (Facial Therapy/Face Yoga) for their and their family's well-being."

But what really is tongue tie?

Dr Zinal Unadkat, Senior Pediatrician and IBCLC Lactation Consultant explains, "Tongue tie is a complex diagnosis and when it comes to assessment treatment and recovery we all need to come together geographically and professionally. Being a pediatrician, I never realized my daughter has tongue tie till she reached the age of 18. Even though she had speech issues, all my colleagues and doctors told me that she would get better with time. I never realised that frenulum is a fascia which can cause issues in children like neck tightness, irregular head shape, fussy and picky

Advertisement

PHOTOS

HT Brunch Comics: Music Menace



6 ways to stay calm when your child's behaviour is triggering you



5 offbeat honeymoon travel destinations in India



Kirti Kulhari's leather cut-out gown is the date night fashion we need



Kirti Kulhari's leather cut-out gown is the date night fashion we need



View All >

Advertisement



1 Gram 24 Karat Gold Coin

MELORRA.COM

Advertisement

'...they understand bhook hoti kya hai': Akram slams IND pacers post T20 WC exit

Published on Nov 12 10:00 AM IST

[View All >](#)

[LATEST NEWS]

WORLD NEWS

Donald Trump sues January 6 committee to block subpoena for testimony

Published on Nov 12 10:16 AM IST

LIFESTYLE

Yoga for asthma: Breathing exercises for patients with bronchial asthma

Published on Nov 12 10:15 AM IST

WORLD NEWS

I apologize: Joe Biden on US pullout from Paris accord under Donald Trump

Published on Nov 12 10:10 AM IST

LIFESTYLE

Bento boxes: The next big thing in the world of school lunch boxes

Published on Nov 12 10:08 AM IST

[View All >](#)

She added, "The implications of having a tongue tie can impact the childhood and these problems continue into adulthood. Early detection is key."

Dr Manisha Gogri, Senior IBCLC lactation consultant backs this by saying, "Tongue posture plays an important role right from infancy to adulthood. Tongue mobility is very important for breastmilk transfer. The tongue should not only protrude in and out but also move up and down in full range so that the baby can suckle well at the breast."

She added, "Restricted tongue mobility due to a Tongue Tie is one of the most common causes of a painful latch and inadequate breastmilk transfer. It often goes undiagnosed except when the tongue tie is very obviously visible. Only a trained professional with a thorough oral examination is able to detect the problem and help the mother and baby in specific ways so that Breastfeeding can be continued smoothly. A team approach that involves the baby's doctors, a lactation consultant, a physical or craniosacral therapist, a dental or ENT or Pediatric surgeon (who can release the tie if necessary) is often the best way to deal with this issue."

What's the relation between postures and tongues in adults and its symptoms?

As per Dr Sudarshan Singh, Senior Physiotherapist, "Tongue tie is not just about some oral problems in early age. If not dealt at the right time, in adults this tightened myofascia originating from the tongue can lead to lot of postural problems."

Dr Ankita Shah too asserts the importance for all professionals to diagnose tongue ties and to pay attention to tongue posture for an overall well-being from infancy to adulthood. She highlighted, "Some of the most common ways in which your body compensates if the fascia coat is too tight are: forward neck posture, slouching and rolled shoulders, teeth grinding and clenching, jaw pain, bow/duck feet, flat feet, walking on the tip or heels of the foot, back and hip misalignment and neck chest tightness."

Solution:

Zia Nath, Senior Craniosacral Therapist suggests, "A new born uses many cranial nerves, bones, joints and muscles to establish a cohesive suck, swallow, breathe reflex and the tongue is at the heart of it. It's imperative to consider the whole body of the infant while evaluating and treating tongue ties and lips ties."

She proposed, "Craniosacral therapy is gentle hands-on, non-invasive support that effectively releases cranial and spine restrictions as well as stabilises torticollis (neck restrictions) and breathing restrictions that provides the infant with maximum benefits of the tongue tie release. Treating tongue and lip ties help babies to sustain breastfeeding which itself has an endless list of benefits for babies and we want to support the restoration of the system as nature designed it to be."

Follow more stories on [Facebook](#) and [Twitter](#)

TOPICS

[Healthy](#)

[Tongue](#)

[Exercises](#)

[+ 8 More](#)

RECOMMENDED FOR YOU



As Aaditya Thackeray walks with Rahul Gandhi 'despite...



'Aap IPL khelte hain, tab workload nahi hota?' India ke liye hi...



Kriti Sanon promotes Bhediya with Varun Dhawan, her sequin...

Controversy over Dr Vikas Divyakriti's statement on Sita: 'I have proof'



Watch: Babar Azam breaks silence on Pakistan PM Shehbaz Sharif's viral '152/0 vs 170/0' tweet after India's T20 WC loss



As Aaditya Thackeray walks with Rahul Gandhi 'despite difference', Sanjay Raut says...



'Aap IPL khelte hain, tab workload nahi hota?' India ke liye hi kyun hota hai?': Gavaskar lashes into Team India stars



[View All >](#)

Advertisement

[TRENDING]

Priyanka Chopra says 'bohot acha lagta hai' after receiving aam ka aachaar. Watch



Sister's gets scooty in surprise from her brother. Watch her emotional reaction



Man rescues ailing dog from the woods, video will tug at your heartstrings



Kid's slow and steady way of winning the lemon spoon race impresses people



[View All >](#)

Advertisement

Subscribe to our best newsletters

HT Wknd

Enter Email Address

[Subscribe →](#)

You May Like

