



Early intervention offers the best results from orofacial myofunctional therapy like the type offered at the TMJ & Sleep Therapy of Utah Clinic.



Dr. K. Cheyn Gunnerson of Gunnerson Dental plays a vital role in his patients' relief from TMJ pain and sleep apnea.

Improving Lives Through Myofunctional Therapy

Dr. K. Cheyn Gunnerson adds the TMJ & Sleep Therapy clinic to his long-time dental clinic, offering relief for a wide range of new patients through myofunctional therapy

This past year, along with celebrating his 25th anniversary in business, Dr. K. Cheyn Gunnerson has introduced TMJ & Sleep Therapy to his dental practice, as well as orofacial myofunctional therapy. Myofunctional therapy is centered around treating breathing and muscular disorders in adults and children.

In January 2021 a mother called Dr. Gunnerson's office to see what could be done to help her son. During the initial consultation the mother's voice shook as she explained what had been going on. Her son had been struggling with lack of weight gain

and eating since infancy.

"I couldn't even get him to eat sweets or just bread," the mother says.

After trying numerous other treatments, doctors and avenues, his health had gotten so severe that the boy's pediatrician insisted on checking the child into the hospital and installing a feeding tube if he could not get his weight up in the next month. For reference, this boy was

12, weighed 50 pounds and was 4-foot-2 — the average height and weight of an 8-year-old, a child four years younger than him. His sister, two years younger, had surpassed him in height and weight long ago.

After an initial exam with the myofunctional therapist, Mindy Lunceford, she discovered he had a severe tongue tie along with several other facial muscle issues. The tongue tie was promptly taken care of and therapy started. A mere three weeks into treatment the boy was eating better, had gained 10 pounds and for the first time in years, was engaging in activities with his family. His mother was nearly in tears.

"I was about ready to start homeschooling because the bullying had gotten so bad. I can't fully express how much Mindy has changed our lives," she says.

Myofunctional therapy has been used for decades in practices in the United Kingdom as well as along the east coast of the U.S. Failure to address breathing issues in children has been found to lead to obstructive sleep apnea (OSA) as adults. Right now in the United States, approximately 50-70 million US adults have obstructive sleep apnea.

Individuals who have had the opportunity to be a patient in Dr. Gunnerson's practice know he is dedicated to addressing issues early and delivering the highest quality of care. After learning about this developmental therapy Dr. Gunnerson immediately implemented it in his practice.

Gunnerson Dental and TMJ & Sleep Therapy of Utah is the first practice in Utah County to offer this life-changing therapy.

"If we can address these issues as children, at a lower cost, and reduce years of fatigue and chronic pain, why would we wait?" Dr. Gunnerson says.



Gunnerson Dental & TMJ & Sleep Therapy of Utah

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MEDICAL TIP

Myofunctional therapy can also be used to help children with oral issues such as thumbsucking, hair chewing, recurrent oral decay and crooked or crowded teeth. If your child is struggling with any of the above issues, talk to your dentist about finding a local myofunctional therapist or call our office for a complimentary myofunctional therapy consultation.

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TMJ & Sleep Therapy of Utah