

Write measurement if asked and/or circle picture or answer that best applies.

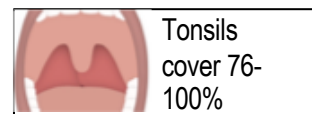
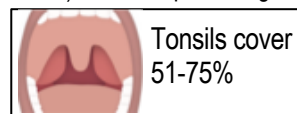
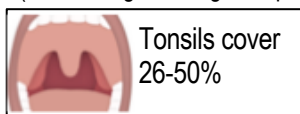
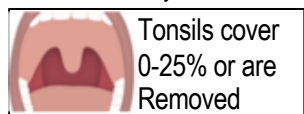
1

2

3

4

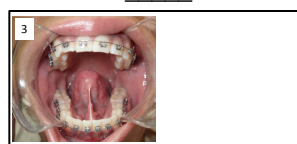
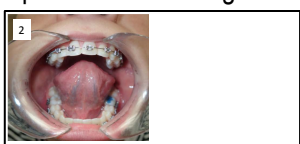
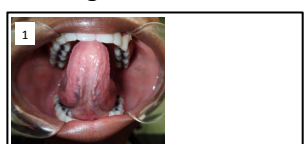
11. Tonsils: Say "AH" then view tonsils (use flashlight & tongue depressor if needed) and write percentage of throat tonsils cover: _____%



12. Touch Teeth & Hold: With mouth open, place tip of tongue up on palate behind upper front teeth. (allow up to 3 attempts)

Rate difficulty: Easy Mildly hard Moderately hard Very hard or unable to do
Record hold time: _____seconds (up to 15 seconds)

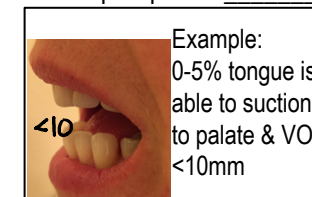
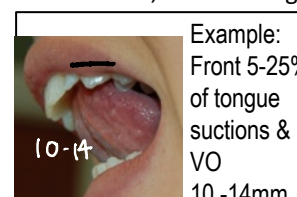
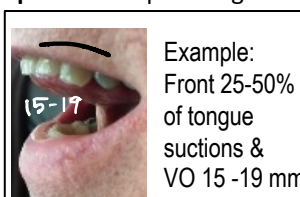
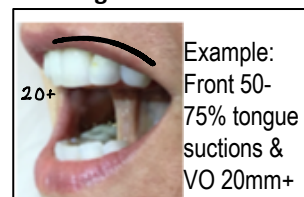
13. Tongue ROM: Measure vertical open with TIP of tongue behind top front teeth _____mm. Then maximum vertical open _____mm



14. Tongue Suction & Hold: Mouth slightly open. Suction tongue up along palate with tip of tongue behind front teeth. (allow up to 3 attempts)

Rate/circle difficulty: Easy Mildly hard Moderately hard Very hard or unable to do
Record hold time: _____seconds (up to 30 seconds)

15a. Tongue Suction with Vertical Open: With tip of tongue behind TOP front teeth, suction tongue & write % up to palate: _____



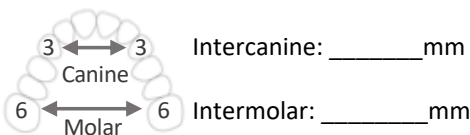
15b. While maintaining Suction measure Vertical Open in mm: _____

16. Tongue Protrusion Stick out the tongue as straight and steady as possible without it touching the lips or top teeth.

Easy to achieve and maintain straight steady tongue without support	Mildly difficult to achieve and maintain straight steady tongue without support	Moderately difficult to achieve and maintain straight steady tongue without support	Unable to achieve a straight tongue.
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17. Swallow: Take a small sip of water or gather saliva, then...bite back molars and keeping lips open, try to swallow. Rate difficulty.

Easy. Felt natural. Lips relaxed	Able with mild difficulty	Able with moderate difficulty	Can not swallow with lips apart
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18 & 19. Intercanine & Intermolar Distance: Measure distance between upper canines (3) & molars (6) with mm ruler or caliper:

20. Indicator line: Measure distance from tip of the upper left central incisor to anterior most point on the nose _____mm.

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21. Cheek lift up toward eye on same side one at a time.

1-Can easily lift both cheeks one at a time up toward same side eye	2- Mild difficulty lifting one or both cheeks up		3- Moderate difficulty lifting one or both cheeks up	4- Unable to lift one or both cheeks up
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Please circle the statement that is most true for the person being evaluated

	1	2	3	4
Nasal vs. Mouth Breathing	Rarely to never mouth breathes when awake	Sometimes mouth breathes when awake.	Often mouth breathes when awake	Almost always mouth breathes when awake
	Rarely to never mouth breathes when asleep	Sometimes mouth breathes when asleep	Often mouth breathes when asleep	Almost always mouth breathes when asleep
	Rarely to never able to hear breathing	Sometimes able to hear breathing	Often able to hear breathing	Almost always able to hear breathing
Posture	Rarely slouches.	Sometimes slouch.	Often slouches	Almost always slouches.
	Primarily sleeps on back.	Sleeps on BACK > more than sides or stomach.	Sleeps on SIDES/STOMACH > more than back.	Primarily sleeps on sides or stomach.
CNS	Rarely to never has difficulty concentrating. Easy to focus.	Sometimes has difficulty concentrating. Somewhat difficult to focus.	Often has difficulty concentrating. Moderately difficult to focus.	Almost always has difficulty concentrating. Very difficult to focus.
	Almost always relaxed. Rarely to never stressed or anxious.	Often relaxed. Feels stressed or anxious 1-2 times a MONTH.	Hard to relax. Feels stressed or anxious 1-2 times a WEEK.	Can't relax. Feels stressed or anxious every day.
Tongue Resting Position	Entire tongue usually rests up along the palate	The tip of the tongue usually rests up on the palate.	The tongue usually rests in the middle against the teeth.	The tongue usually rests on the floor of the mouth.

Check all that apply to the person being evaluated:

- ADHD
 - Anxiety/Depression
 - Autism
 - Bruxism (Teeth- grinding or clenching)
 - Cerebral Palsy
 - Fatigue
 - Poor quality sleep
-
- Mouth breathing during sleep
 - Noisy breathing during sleep
 - Snoring
 - Sleep apnea
 - TMJ Disorder
-
- Prior Tongue-tie release
 - Prior Tonsillectomy
 - Prior Orthodontics
 - Prior Jaw or Maxillofacial Surgery
 - Treated with myofunctional therapy prior to survey
 - Treated with breathing therapy prior to survey
-
- None of the above apply
-
- Notes/Other (Completed by researcher)