

Nose Breathing For Well Positioned Teeth

Osteopathy can improve nose breathing and the health of the child.

Most people don't realise the importance of nose breathing as opposed to mouth breathing. By the time we are adults, most of us have mastered how to breathe through our noses, but it can sometimes take time to occur. If nose breathing is established early in life a child is more likely to have well positioned teeth. They are also less likely to experience breathing related health issues.

As we can see with braces, a small amount of force over a long period of time creates a large change in the position of the teeth. To expand this idea the cheeks exert an inward force while the tongue exerts an outward force which means they also play a large role in the final positioning of the teeth. In chronic mouth breathers the tongue does not exert outward pressure on the teeth because it is not touching them. In these cases the inward force the cheeks are still exerting on the teeth is not matched by the outward force of the tongue. This leads to a narrow dental arch, with over crowding of the teeth. The teeth in the lower jaw also rely on feedback from those in the upper jaw for their positioning. If this is not adequate a crossbite can result.

Osteopathy can help to improve these situations in several ways. Rather than starting in the early teens so the "adult", permanent teeth are affected, much can be done earlier to help increase the width of the palate and prevent the need for braces. Firstly, improving the function of the sinuses allows nose breathing to be more comfortable for the child. Some children also have difficulty closing their jaw which is often caused by restriction

through the neck and collar bones. Improving the function of the neck and shoulders can help the jaw to be able to close easily.

Nose breathing is also important for asthma, allergies, colds and flus. The small hairs in the nose and the curved shape of the nasal passage help to filter and humidify the air before it reaches the lungs. This means the air is cleaner and warmer before it reaches the lungs, leading to less irritation and a healthier child.

Apart from establishing nose breathing, osteopathy can help the child suffering from asthma by improving the movement of the chest and so reduce the tension on the lungs and the urge to breathe through the mouth. For the child who experiences allergies or recurrent colds and flus, the Osteopath can help to improve the function of the lymphatic system so the sinuses aren't blocked.

The gentle nature of Osteopathy in the Cranial Field makes it ideal for the treatment of children. To help prevent issues like over crowded teeth, asthma, allergies and recurrent colds and flus, consider seeing an Osteopath.

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www.brisbaneosteopathic.com.au.