



Bruxism/occlusal wear.

Bruxing is often a symptom of a compromised airway during sleep, stimulating the body to stay out of the deepest restorative sleep as a way to attempt to gain oxygen. Bruxing may also be a maneuver by the body to move the tongue out of the airway.

Respiration.

Does the patient use shallow chest breathing and is the respiration audible?

Orally Defensive.

Does the tongue fill the oral cavity and you're constantly battling the tongue? Is the tongue also pulling up the floor of the mouth making access to the dentition difficult? Having a strong gag reflex also indicates defensiveness in the oral cavity.

Open Mouth Posture.

Is the patient breathing with their mouth, do you notice chapped lips?

Maxillary Transverse Width

Does your patient have a high narrow palate and dental crowding? The narrow palate indicates the tongue is likely not in or able to be in an optimal location.

Strained Mentalis

Does the patient exhibit a strong chin muscle?

This can be seen when the patient rolls their lips up over the dentition during procedures. It's indicative of the patient utilizing facial muscles to facilitate swallowing as well as potential additional muscle imbalances.



BROOMS is a sweeping generalization used to identify patients who need a myofunctional therapy referral. While not definitive, it is easy to incorporate in a clinical hygiene appointment. When two or more positives are present, refer to OMT.