

This year magnificent Mohegan Sun Resort in Connecticut opened its doors to receive hundreds of Dentists at the AGD convention 2019. Neo-Health Services was there enlightening dental professionals about the benefits of having a Qualified Orofacial Myologist as part of their team. The renowned Karen Wuertz was part of our networking experience and helped us to better explain to her colleagues why orofacial myology is known as the missing link.



## Featured Graduate: Ryan P. Robinson, DDS

Owner, Chief Medical Director  
Diplomate, American Board of Craniofacial Dental Sleep Medicine  
Diplomate, Orofacial Myology - QOM-D



### Orofacial Myology - The Missing Link in my Airway Centered Dental Practice

When I decided to take the Orofacial Myology residency program, I was looking forward to bringing a new service into my office that would meet the demands of my current patient base. My office at the time was in a transition. We were evolving from a comprehensive general dentist office to an airway centered health and wellness dental practice. The staff and I had spent a few years continuing our education in the TMJ and Sleep fields.

We were screening our patients for problems such as Sleep Apnea, TMD and Headaches and they were being referred to me for treatment. I was learning so much and I felt more powerful than ever to be able to help my patients with their overall health in addition to their dental health. I was on a personal path to becoming the first board certified sleep dentist in Delaware, which I obtained in 2018! I was learning more each day, with each patient and each opportunity that presented. I centered my treatment options on the management of the patient's symptoms through orthotics and oral appliances, the only tools I had in my toolbox. I was successful but there were some patients that I wished I could have helped more. Unlike dentistry, medicine is not black and white. There are gray areas. The goals are different. My goal was to help each patient reach the maximum medical improvement that was unique to them. Being able to get a husband and wife back in bed together through the management of their snoring was a WIN! Being able to prevent an employee from having to go into a dark room at work to lie down for hours at a time in order to manage their headache, was a WIN! I was winning and winning a lot. My patients' treatment outcomes were getting better and better and patients were starting to refer friends and family to me. I had gotten the attention of the medical community through my work and now Cardiologists, Pulmonologists, PCP's and ENT's were also referring to me. It reached a point where it wasn't possible for me to continue to mix dentistry and my pain and sleep services together. I started carving out time during the week that was dedicated to these patients. I started with one half day a week then went to a full day.

Fast forward to today and I am treating pain and sleep patients almost full time with a half day of dentistry on the side. I am anxiously awaiting the grand opening of my specialty practice called *The Pain and Sleep Therapy Center of Delaware Valley*, a stand-alone practice dedicated to treating patients in a non-dental setting, built specifically for our specialty pain and sleep services.

I also am proud to announce I am waiting for acknowledgement of my third board certification which would make me the only triple board certified pain and sleep dentist within hundreds of miles. I feel like I have finally made it! I would feel remiss without giving credit to the many people who have influenced my success. My mentors are all leaders in the airway world and through their education and guidance, I have been able to reach my goals! Again, this has been no easy feat, and I feel as though there were critical turning points along my path to the place I have reached today.

One of those was my introduction to Sandra Holtzman and the Orofacial Myology field of study. As I stated before, despite all of the WINS, I sometimes felt like I could do more. I sometimes felt like there was a piece of the puzzle missing. That was until I attended my first ever myofunctional therapy presentation at a local state dental organization. This new therapy to me, which I learned had actually been around for decades, intrigued me! Was this the missing link I had been searching for? This therapy consumed my thoughts and I found myself retrospectively looking back, thinking of all the patients that could have had better outcomes if I had known about this. Me being me, I had to learn more!! I was hungry to become an expert in this field. I was newly inspired and motivated to bring this service to my practice. I then decided to sign up for the Neo-Health Services residency program. I drove to Philadelphia. I attended the course. A room full of dentists, SLP's and hygienists. I had never been a part of something that felt so right, so multidisciplinary. What other course brings together SLP's and dentists? My life was changed. I honestly felt like my eyes were open, more so than ever.

Orofacial Myology was the last piece of the puzzle. It helped explain the origin and the root cause of the problems that I was seeing in my patients. I came home after the course and got started on my own two kids that same weekend. Since then, I have implemented Myo into just about all of my treatment plans. Having been incorporating orofacial myofunctional treatment for over a year, I can honestly say the tools in my toolbox have gotten a major upgrade and my patients are receiving better treatment outcomes than before. Since my training with Sandra and Becky, I have had my entire staff attend an entry level myo course to expand their knowledge in this field and I referred 2 of my hygienists and 1 of the other doctors in my practice to go through the OM residency with Sandra and Becky! I am also proud to announce that I have developed a fully functioning Myofunctional Therapy program inside of my dental practice and another inside my pain and sleep specialty practice which features 2 Neo-Health trained OMT's! The only 2 OMT's that are practicing in our state!!!! I cannot be happier with my decision to learn about Orofacial Myology, and my team and I are looking forward to continuing the growth of our Myo program to further enhance the treatment of kids and adults. Thanks again to Sandra and Becky for everything! I will forever be grateful for my time with them and for everything that they taught me.



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