Bodywork for Tongue/Lip Ties

The Role of Fascia

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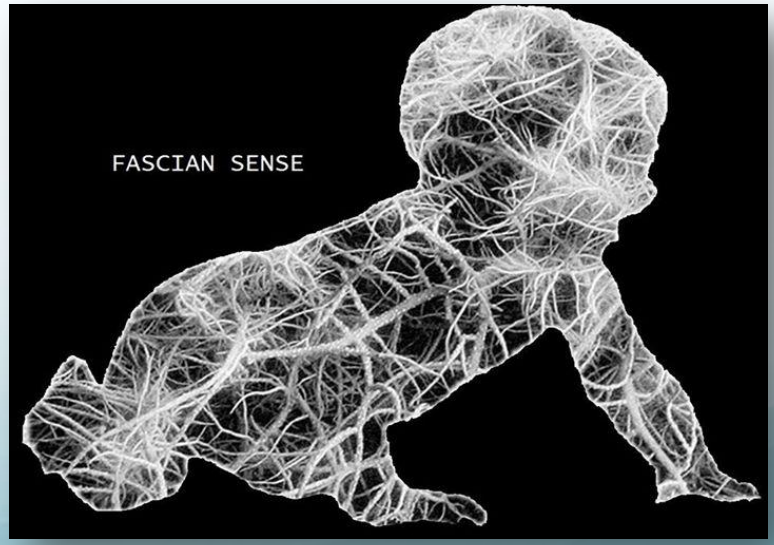
New Mexico Breastfeeding Task Force

Overview

- Introduction and explanation of fascia
- Review of fetal development
- How the fascia changes during pregnancy and birth
- How we begin to recognize body parts as a baby is born
- Hands-on techniques for tongue/lip ties

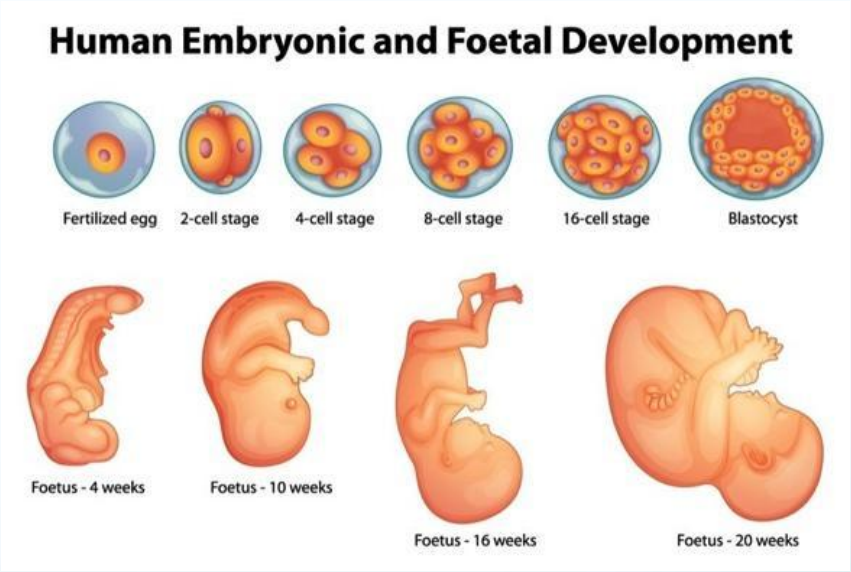
Fascia: The 3-D Web

- What is fascia?
- Where is it found?
- Why is it important?
- What role does it play?

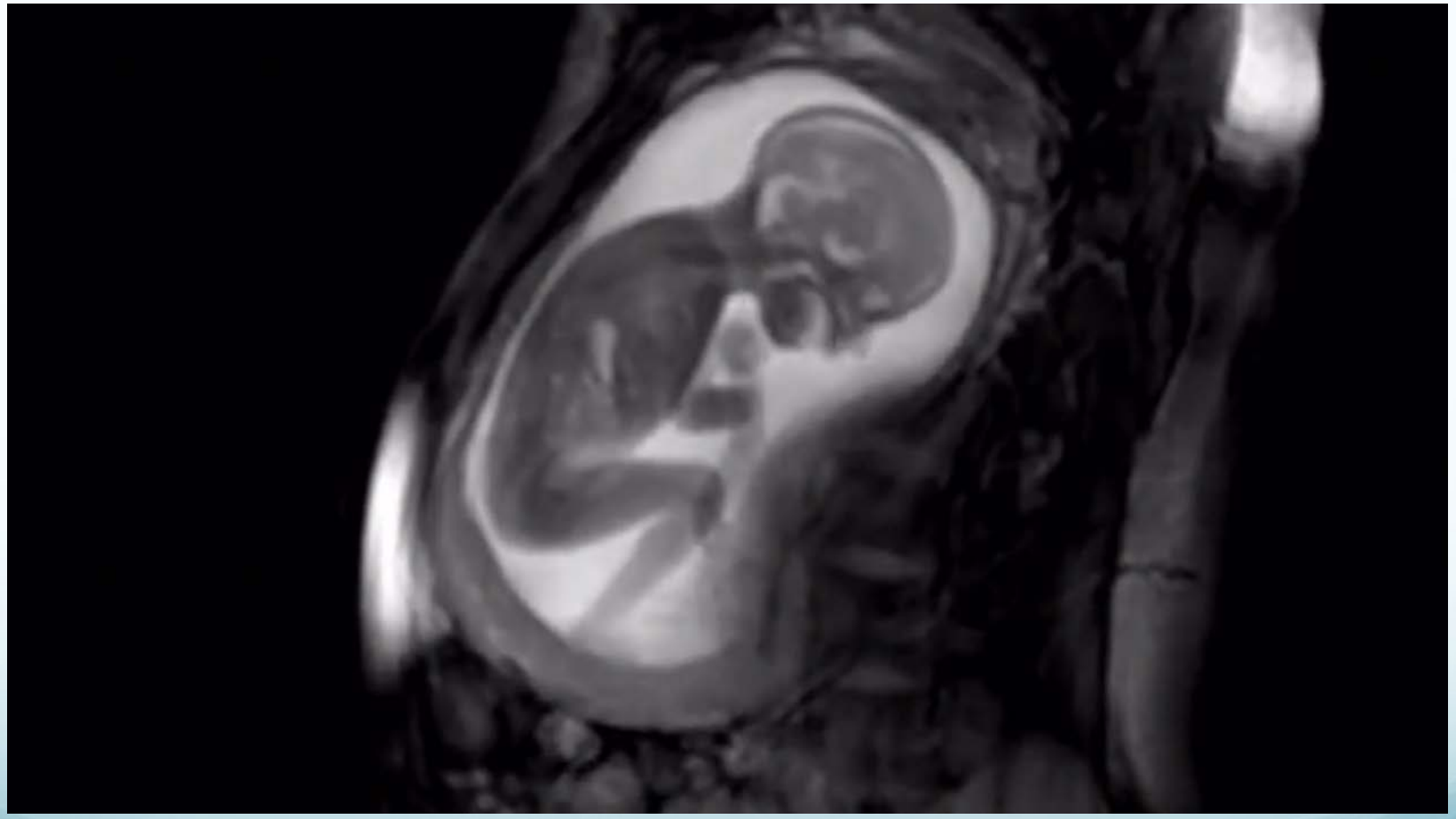


The Embryo

- The development of an embryo begins as a fertilized egg which then becomes a fetus
- Formation of fascia begins in an fetus as early as 15 weeks
- Continuous fascial network through birth and life



Fetal Movement

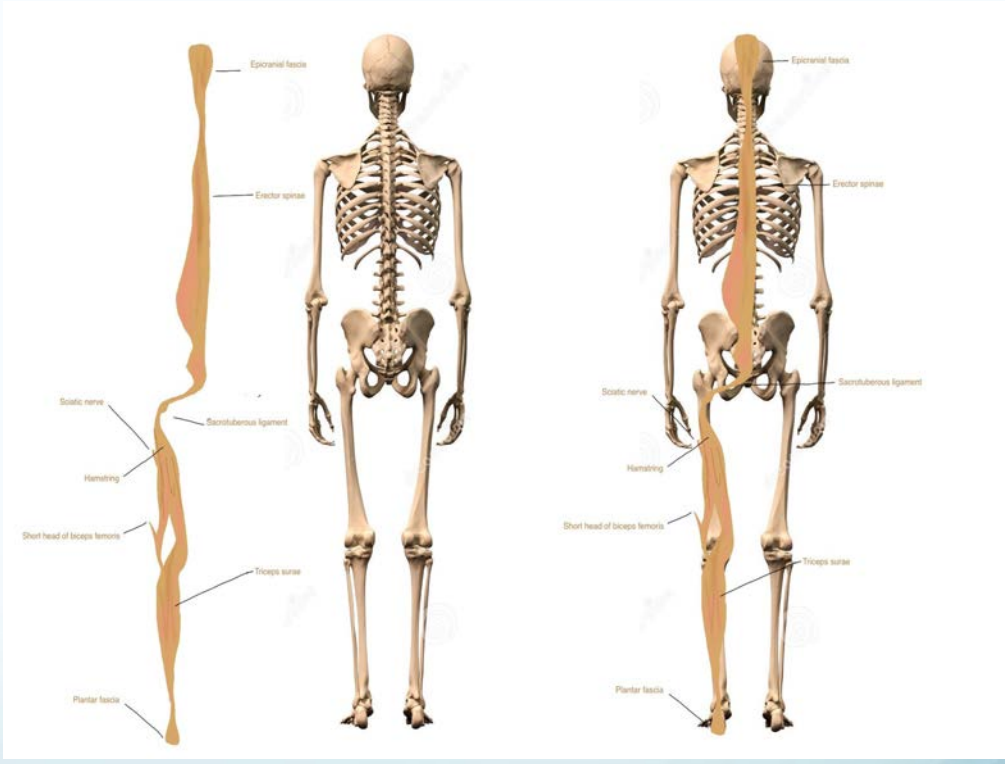


Life in the Womb

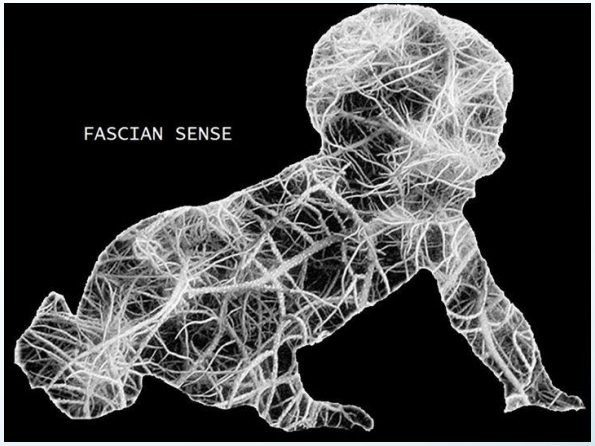
- Locked Short: When the fascia tissue is contracted
  - Areas of locked short:
    - neck (front)
    - jaw, mouth, tongue
    - abdominals
    - hips
- Locked Long: When the fascia tissue is lengthened
  - Areas locked long:
    - neck (back)
    - back
    - sacrum

Fascia is Continuous

- *Anatomy Trains* written by Tom Myers
  - Superficial Back Line (SBL): The fascia connection from head to toe
  - The limitation of ‘anatomical parts’



Birth and the 3D-Web



The Baby

- Start to recognize:

Eyes

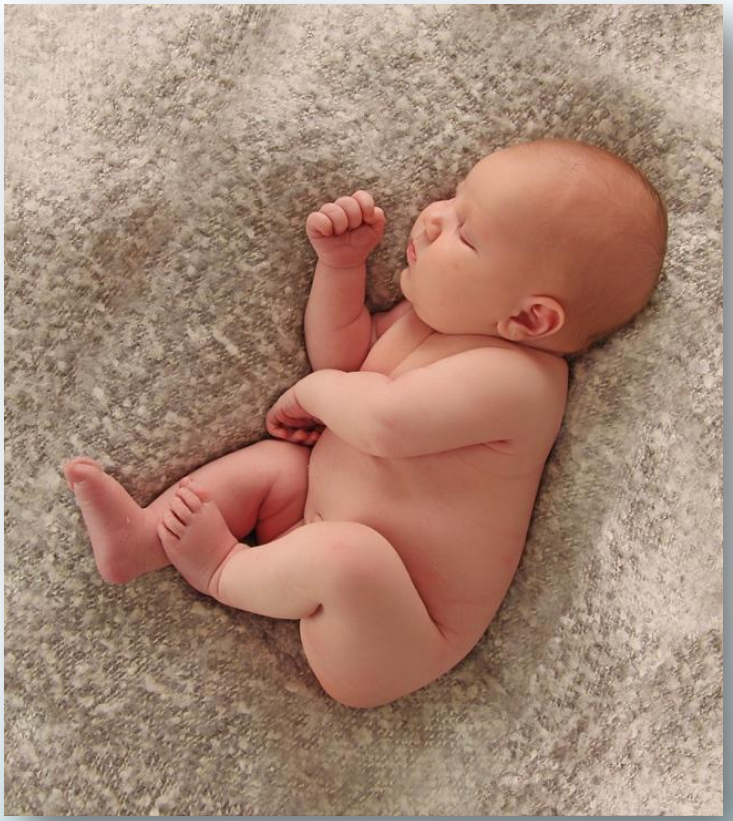
Ears

Nose

Hands

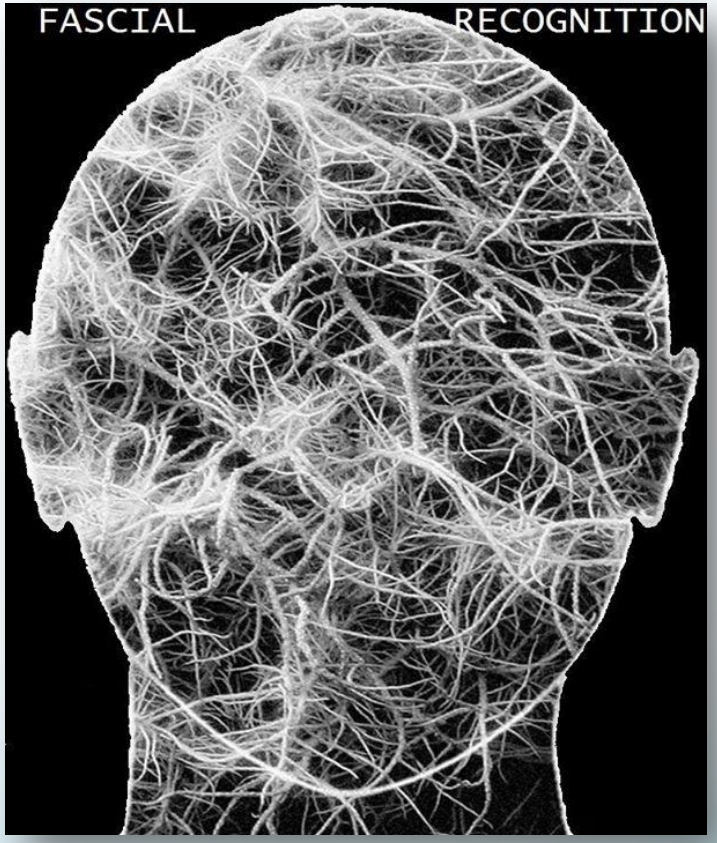
Feet

Toes

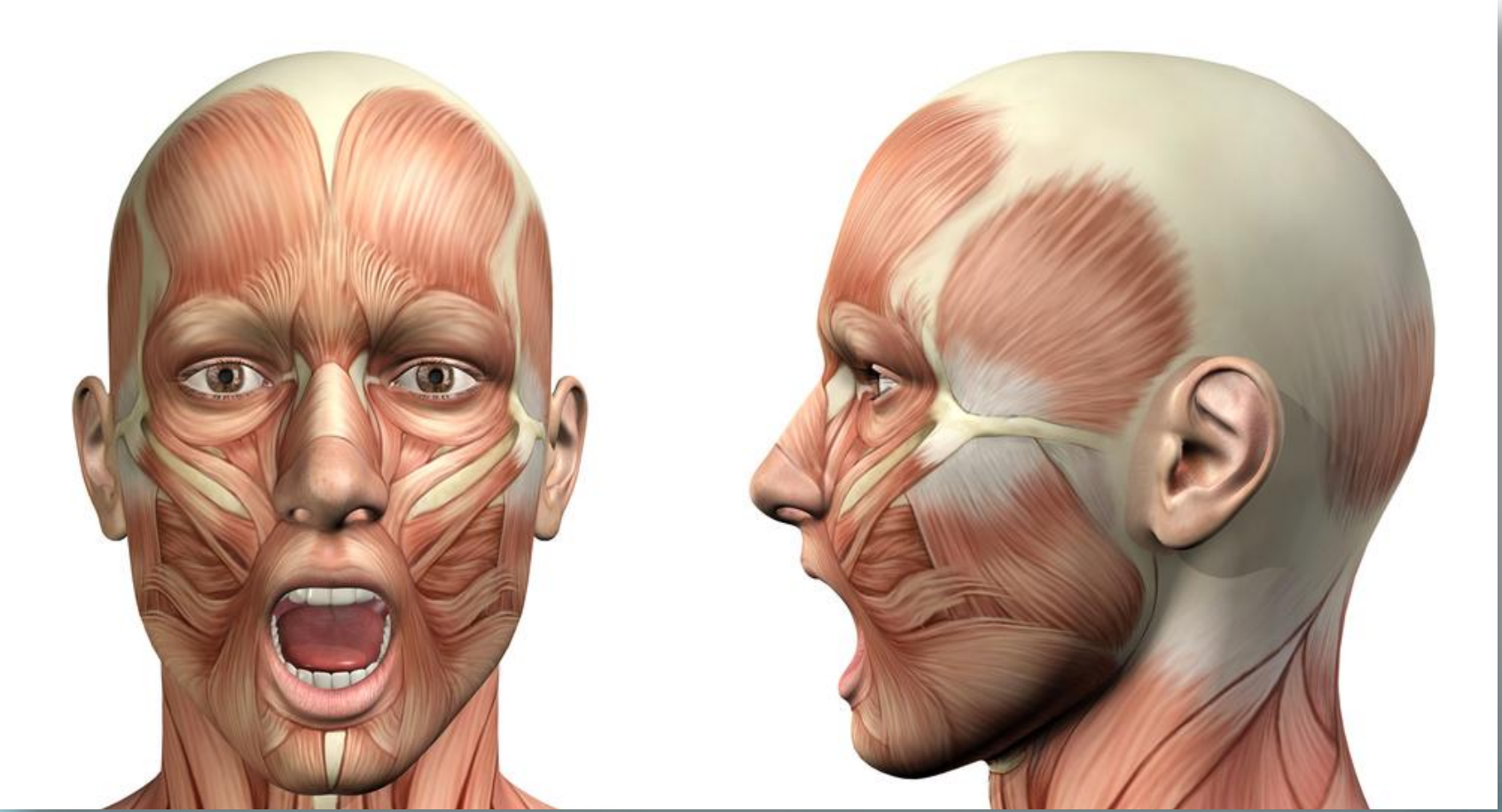


The 3-D Web of the Face

- Treatment:
  - Close your eyes, clear your mind, and feel the fascia
  - Keep pressure light
  - Hold for 90 – 120 sec

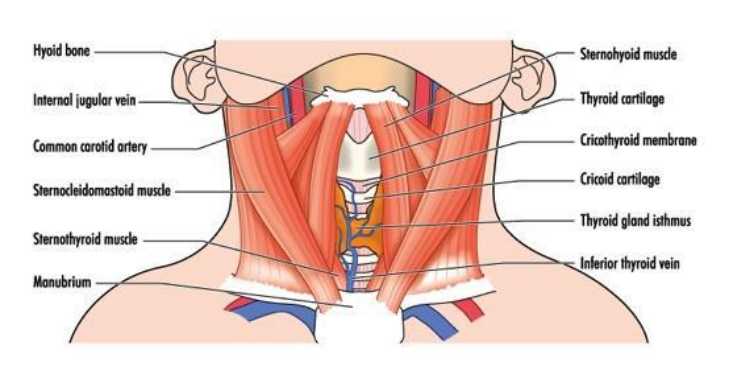


John Barnes Myofascial Release Techniques



Cheek Release

Neck/Mouth Release



Trachea/Hyoid

Mouth/Lips

Jaw/Temple Release

Right/left Jaw

Jaw release while nursing

Ear Pulls

Side of the Neck

Abdominal Release

Unwinding

Intraoral Release

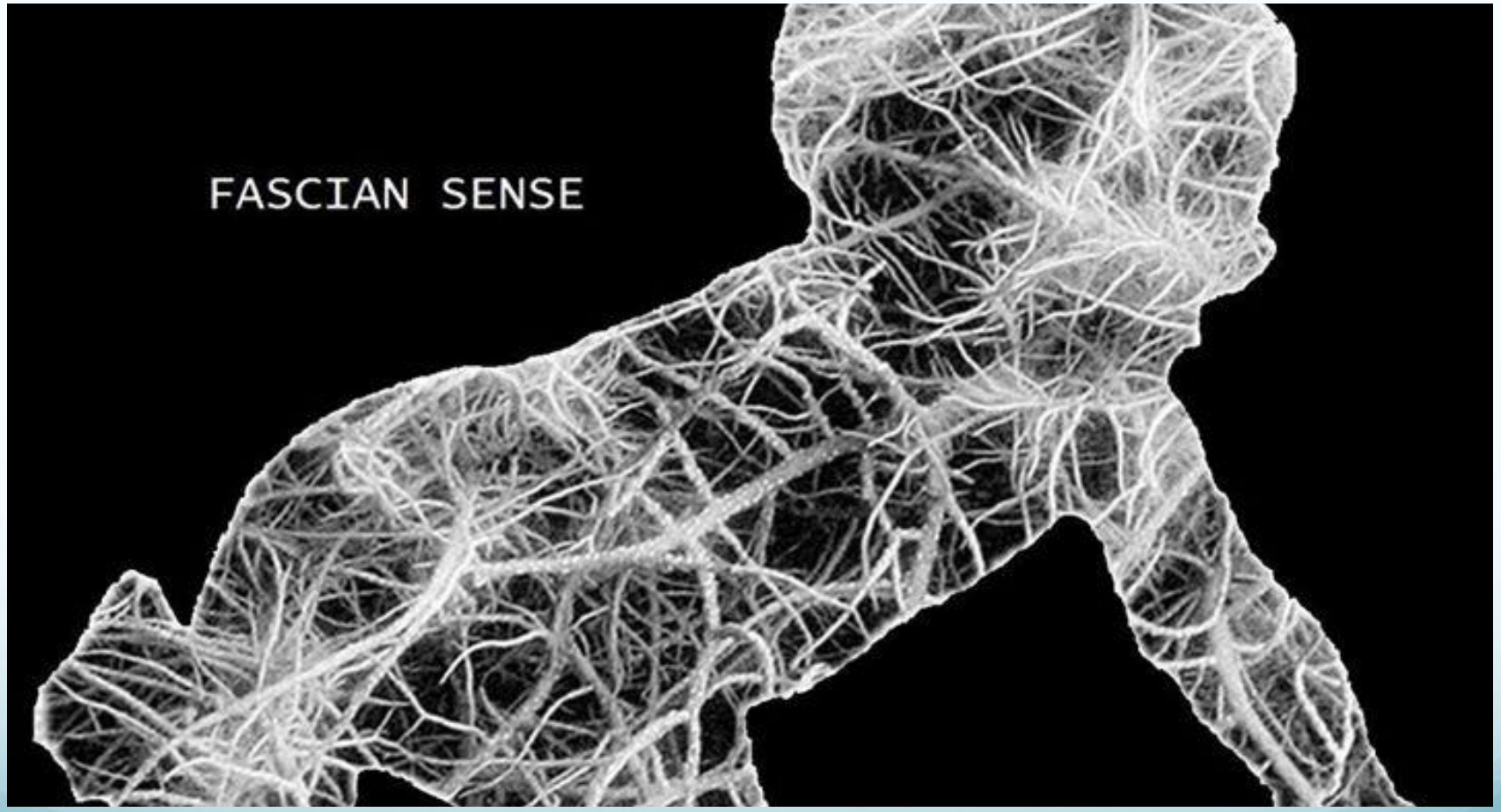
Lip-tie:

When the frenulum under the upper or lower lip is tight

Tongue-tie:

When there is a band of tissue that tethers the bottom of the tongue's tip to the floor of the mouth

The 3-D Web



Resources

Yvonne Bannister ybannister@yahoo.com
Baby's BestFeeding
YogaMFR Therapy™

- https:/myofascialrelease.com/downloads/articles/FasciaAsALever.pdf
- https:/myofascialrelease.com
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