

**GUIDE TO  
FINDING  
PROFESSIONALS  
WHO TREAT  
TONGUE TIE**

# PROFESSIONALS & TREATMENT FOR TONGUE TIE & RELATED ISSUES

**Release Providers:**  
ENTs or dentists with special training to surgically release tongue tie

**Breastfeeding Professionals:**  
Address breastfeeding challenges. May be an IBCLC (International Board Certified Lactation Consultant) or Lactation Counselor or Educator

**ENT:**  
Ear-nose-throat doctors who address issues of the head and neck such as airway and breathing issues

**Feeding Therapists:**  
Address oral motor and feeding issues. May be occupational therapists or speech and language pathologists

\*Keep in mind that all these professionals do much more than described here, this is only a brief description.

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## **Airway Centric Dentistry:**

**Address issues related to bite and the palate to support healthy breathing**

## **Developmental Therapists:**

**Occupational, physical, and speech therapists address developmental issues such as delays, asymmetries, weakness, and more**

## **Bodywork & Manual Therapy:**

**Gentle body techniques used by occupational therapists, physical therapists, cranial sacral therapists, massage therapists, chiropractors & osteopaths. Often used to relieve tension.**

## **Myofunctional Therapists:**

**Help to correct improper function of the tongue and facial muscles for people over age 4.**

# HOW TO FIND THE RIGHT PROFESSIONAL

\*Just because a professional is listed in a directory does not mean they are qualified. Be sure to do your research!

## Professional Organization & Other Directories

- **American Academy of Otolaryngology/ENT Health:**
  - [Directory of ENTs](#)
- **Academy of Orofacial Myofunctional Therapy:**
  - [Myofunctional Therapist Directory](#)
- **Airway Circle:**
  - [Directory of a variety of tongue tie and airway professionals](#)
- **Feeding Matters:**
  - [Directory of professionals who address feeding related issues](#)
- **International Affiliation of Tongue Tie Professionals:**
  - [Directory of a variety of professionals](#)
- **International Association of Healthcare Practitioners:**
  - [Directory of Cranial Sacral Therapists](#)
- **International Consortium of Ankylofrenula Professionals:**
  - [Directory of a variety of professionals](#)
- **Tongue Tie Life:**
  - [Directory of a variety of professionals](#)

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## Directories of Professionals Who Have Taken Specific Courses

- **Beckman Oral Motor:**
  - Therapists trained in specific oral motor techniques
- **The Breathe Institute:**
  - Breathe Affiliates and Breathe Baby Affiliates -Dentists educated by and recommended by The Breathe Institute, a leader in tongue tie and airway
- **Chrysalis Orofacial:**
  - Directory includes a variety of professionals trained in tongue tie assessment and treatment
- **IBCLC Masterclass:**
  - Find a lactation consultant with specialized training on tongue tie
- **Light Scalpel Laser Doctors:**
  - ENTs and dentists with special training using lasers for tongue tie release
- **Tummy Time Method:**
  - Directory includes a variety of professionals educated on treating tongue tie (particularly in babies) as well as the whole body and nervous system

# HOW TO FIND THE RIGHT PROFESSIONAL

\* Just because a professional is mentioned online does not mean they are qualified. Be sure to do your research!

## Other Resources

- The Breastfeeding Mama's website lists all tongue tie Facebook support groups by state.
- Airway Circle also has a Facebook group for patient questions.
- La Leche League International has support groups around the world and may be helpful if you are struggling with breastfeeding.
- Gillespie Approach Facebook group to find practitioners trained in this specific type of cranial sacral therapy.
- Recommendations for how to choose a lactation consultant
- Recommendations for how to choose a release provider
- The CDC has a directory of every states early intervention program that provides free or low-cost therapy to kids ages 0-3

**READ OUR RELATED BLOG ARTICLE FOR MORE INFORMATION!**