

Beginning Life Whole

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“ It is a demonstrable fact that the human hands are one of the most powerful stimuli to habitual reaction when they touch another human being. Hence any person who attempts to help or aid an infant in such experiments as we are dealing with should be well experienced in such use of the hands, while realizing a high standard of co-ordinated use in himself through the employment of the primary control.”

(Frank, Alma. A Study in Infant Development. Child Development, 9,1. March 1938.)

Facial Distortion

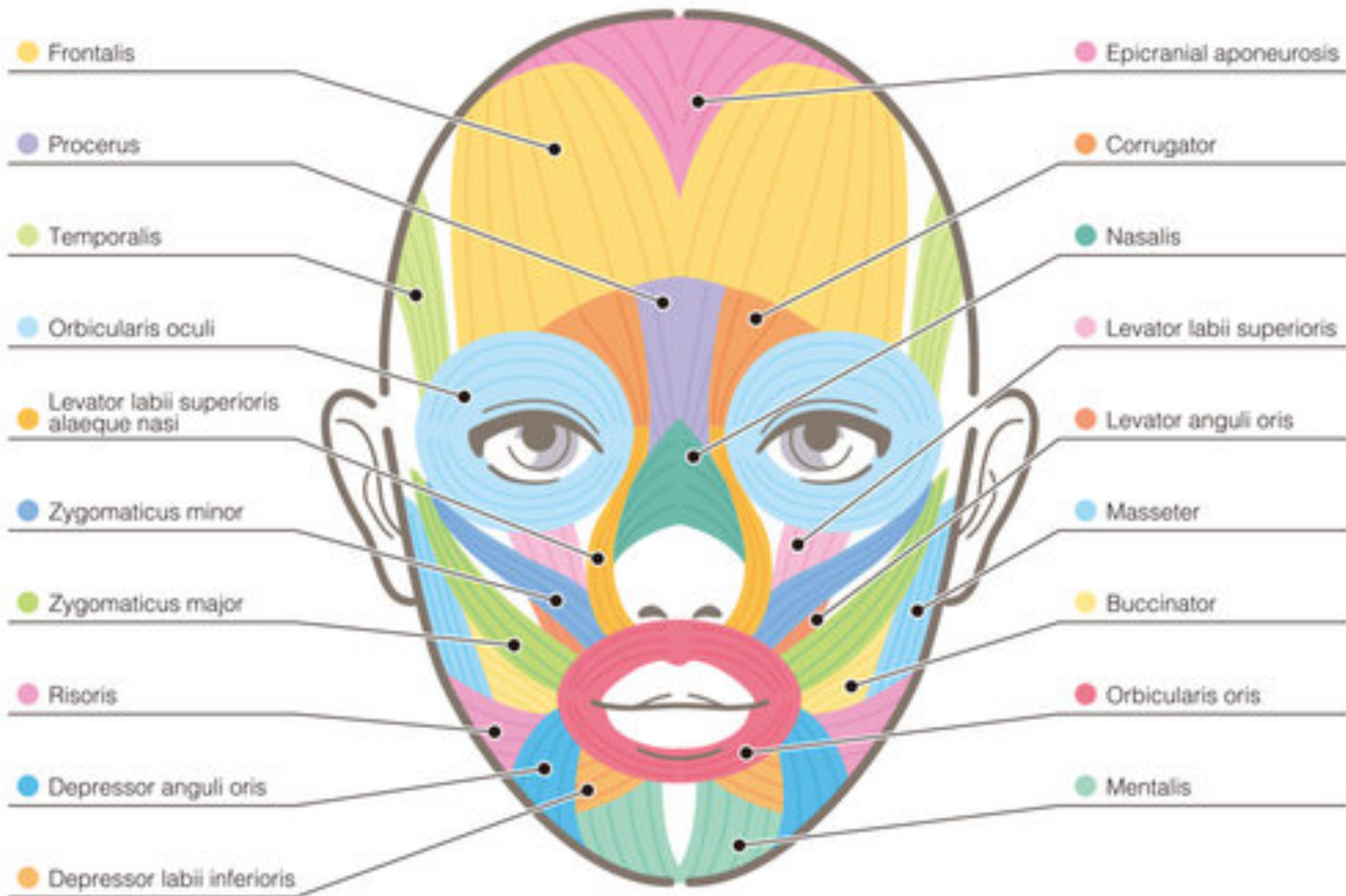
CPAP=

Continuous Positive Airway Pressure

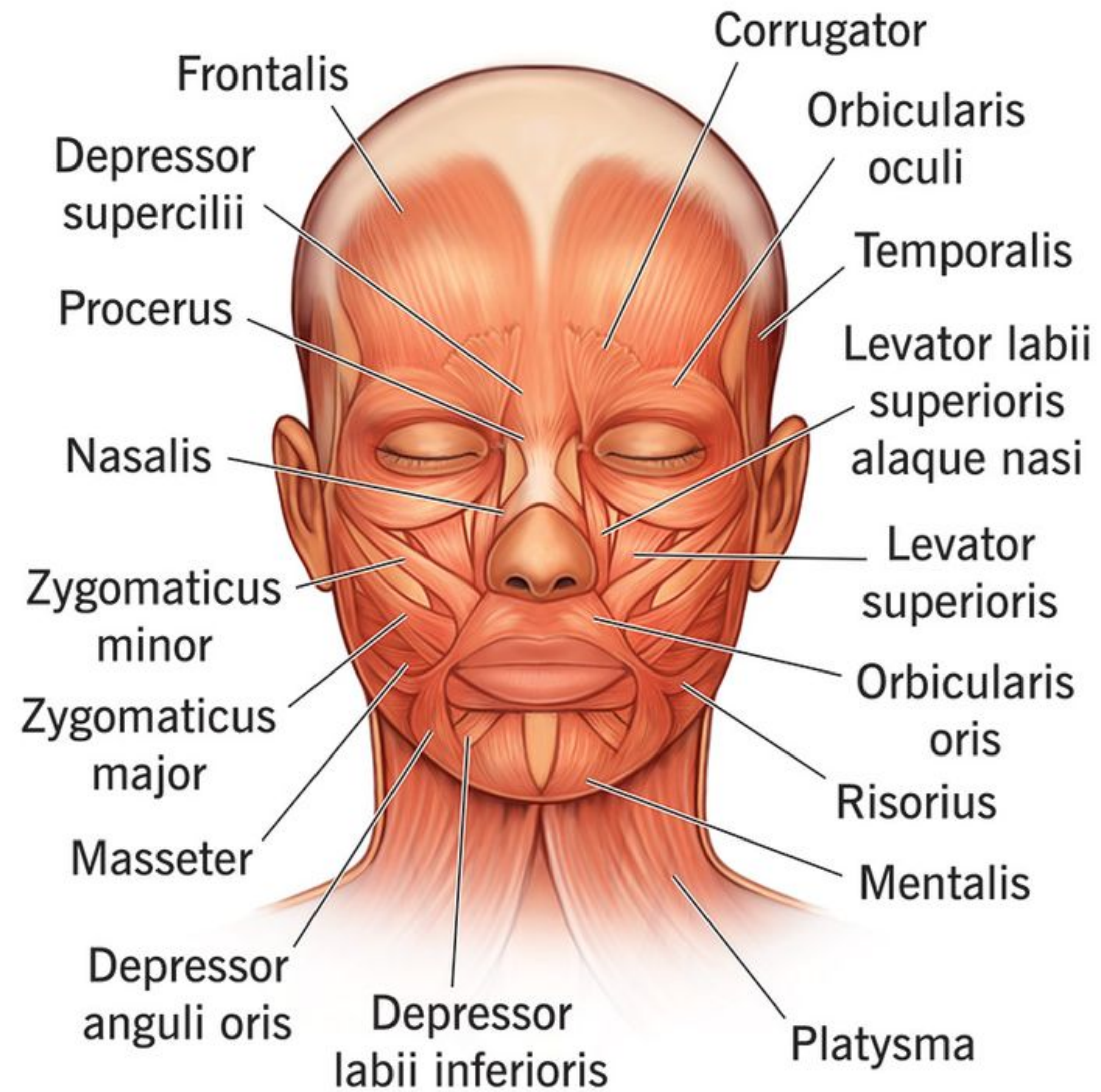


“After I had worked on this plan for a considerable time, I became free from my tendency to revert to my wrong habitual use in reciting, and the marked effect of this upon my functioning convinced me that I was at last on the right track, for once free from this tendency, I also became free from the throat and vocal trouble and from the respiratory and nasal difficulties with which I had been beset from birth.”

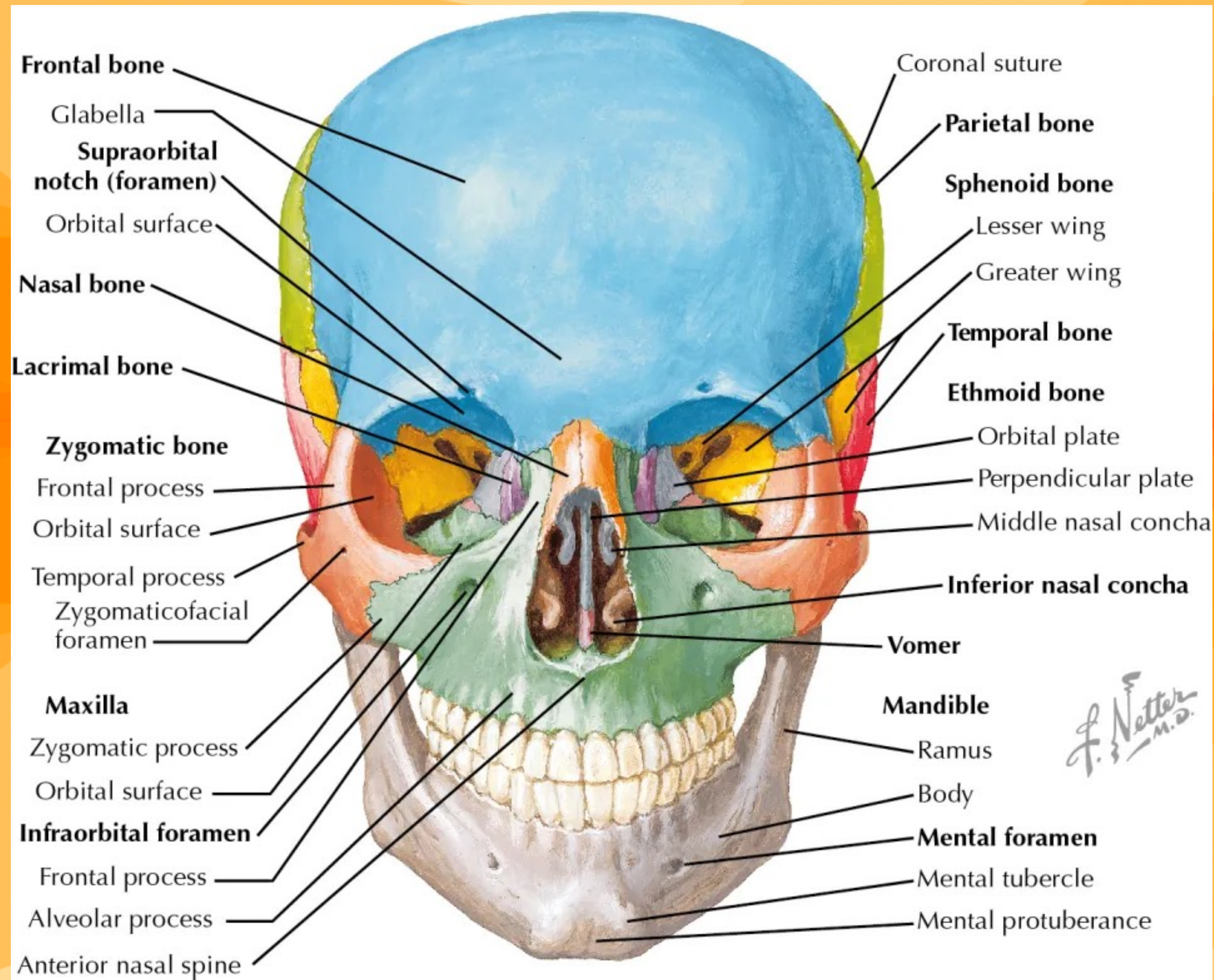
Alexander, F. M. 1985 [1932] The Use of the Self. Gollancz: London; pp. 46-47.



Facial muscles



Skull Lines and Sinus Openings



How Long-Term CPAP Use May Affect Facial Growth—and Why Myofunctional Therapy Matters

<https://www.functionalfaceomt.com/the-hidden-cost-of-cpap-in-children-what-every-parent-should-know>

Explanation of craniofacial changes from mask CPAP use and proposal for myofunctional therapy to treat

Midfacial and Dental Changes Associated with Nasal Positive Airway Pressure in Children with Obstructive Sleep Apnea and Craniofacial Conditions

<https://pmc.ncbi.nlm.nih.gov/articles/PMC4795272/>

Study mentioned by myofunctional therapy page above: Compliant patients experienced palatal plane rotation, retrusion of the mid face and upper incisor flaring compared to non-compliant patients

Importance of muscle movement for normal craniofacial development

<https://pubmed.ncbi.nlm.nih.gov/20818259/>

“For the human newborn face to have a normal morphologic appearance, contractions of these muscles must occur to stimulate forward growth of bone, cartilage growth, and facial muscle bulk.”

CPAP caps are associated with restricted head growth and altered skull morphology in newborn infants

<https://pmc.ncbi.nlm.nih.gov/articles/PMC12128420/>

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