ADULT TONGUE-TIE ASSESSMENT

Use this assessment form to determine if you may be a candidate for tongue-tie release. The more checkmarks, the more likely you may be to benefit from a functional approach to tongue tie release.

Have you experienced any of the following issues?

Frustration with communication Difficult to understand by others Difficulty speaking fast Difficulty getting words out (groping for words) Trouble with sounds (which?) Speech delay (when?) Stuttering Speech harder to understand in long sentences Speech therapy (how long) Mumbling or speaking softly "Baby Talk" Nursing or Bottle-Feeding Issues as a Baby Painful nursing or shallow latch Poor weight gain Reflux or spitting up Unable to hold pacifier Milk dribbling out of mouth Poor Supply Nipple shield required for nursing Clicking or smacking noise when eating Other Other related issues Neck or shoulder pain or tension TMJ Pain, clicking, or popping Headaches or migraines Strong gag reflex Mouth open /mouth breathing during the day Tonsils or adenoids removed previously	Speech	Feeding
	Frustration with communication	Frustration when eating
	Difficult to understand by others	Difficulty transitioning to solid foods as baby
Trouble with sounds (which?) Speech delay (when?) Stuttering Speech harder to understand in long sentences Speech therapy (how long) Mumbling or speaking softly "Baby Talk" Nursing or Bottle-Feeding Issues as a Baby Painful nursing or shallow latch Poor weight gain Reflux or spitting up Unable to hold pacifier Milk dribbling out of mouth Poor Supply Nipple shield required for nursing Clicking or smacking noise when eating Other Other related issues Neck or shoulder pain or tension TMJ Pain, clicking, or popping Headaches or migraines Strong gag reflex Mouth open /mouth breathing during the day	Difficulty speaking fast	Slow eater (don't finish meals)
Trouble with sounds (which?) Speech delay (when?) Stuttering Speech harder to understand in long sentences Speech therapy (how long) Mumbling or speaking softly "Baby Talk" Nursing or Bottle-Feeding Issues as a Baby Painful nursing or shallow latch Poor weight gain Reflux or spitting up Unable to hold pacifier Milk dribbling out of mouth Poor Supply Nipple shield required for nursing Clicking or smacking noise when eating Other Other related issues Neck or shoulder pain or tension TMJ Pain, clicking, or popping Headaches or migraines Strong gag reflex Mouth open /mouth breathing during the day	Difficulty getting words out (groping for words)	Graze on food throughout the day
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Poor weight gain Moves around a lot at night (kicks) Reflux or spitting up Wakes easily or often Unable to hold pacifier Wakes up tired and not refreshed Milk dribbling out of mouth Grinds teeth while sleeping Poor Supply Sleeps with mouth open Nipple shield required for nursing Snores while sleeping (how often) Clicking or smacking noise when eating Gasps for air or stops breathing (sleep apnea) Other Other related issues Neck or shoulder pain or tension TMJ Pain, clicking, or popping Headaches or migraines Strong gag reflex Mouth open /mouth breathing during the day	•	<u>=</u>
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Strong gag reflex Mouth open /mouth breathing during the day		
Mouth open /mouth breathing during the day		
Ear tubes previously		
Reflux (medicated or not)	<u> </u>	
Hyperactivity / Inattention		
Constipation		