

[J Clin Pediatr Dent.](#) 2004 Fall;29(1):49-55.[Links](#)

## **Ultrasonographic evaluation of effectiveness of circumoral muscle exercises in adenotonsillectomized children.**

**[Kumar TV](#), [Kuriakose S](#).**

Department of Pedodontics, Government Dental college, Kozhikode, Kerala, India.

Mouth breathing due to obstructive adenoids and tonsils has deleterious effects on craniofacial morphology especially on dentition and dental arches. Reports confirm that removal of nasal obstruction, adenoids and tonsils has not given beneficial development of circumoral musculature. Use of muscles to correct malocclusion was first recommended by Alfred Paul Rogers. This study highlights the imaging of circumoral musculature using ultrasound to evaluate the effectiveness of muscle exercises in adenotonsillectomized children. Definite changes in muscle thickness were noted in subjects, who were given muscle exercises.

PMID: 15554404 [PubMed - indexed for MEDLINE]