



PHILOSOPHY

Miofunctional Therapist training according to the MFS philosophy

MFS provides a holistic diagnosis, including a recognition of functional, skeletal, dental, and postural malfunctions. The diagnosis and therapy is done with the MFS (multifunctional) philosophy, created by Professor Jose Duran von Arx, the former head of the department of orthodontics at the University of Barcelona and president of Orthodontic World Institute. Supporting our holistic approach, collaborating specialists include: a speech therapist, neurological therapist, physiotherapist, osteopath, and orthodontists.

Form: Theoretical and practical training

Number of days: 4

Benefits: Myofunctional Therapist certificate awarded by the Barcelona Orthodontic World Institute

Data: I module 27-28 September 2025

II module 7-8 February 2026.

Language: English

Price: 1869 euro include: set of 6 stimulators, 2 universal measurements, training script, a swearshirt with motto, presenter with cases treated with MFS system, brochure of MFS system, wooden board for the office confirming the facility's certification.

Place: Thon Hotel Opera, Gray Wedels Plass &, 0151 Oslo

Practical exercises with stimulators,

Cranial nerves stimulation,

Postural tests - tests of upper and lower limb girdle,

Convergence test.

When registering for the training, a fee of €250 is required. The remaining balance is due by July 1, 2025.



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Additionally, to register for the training, please fill out the application form using the link below:

https://docs.google.com/forms/d/1yGZQ4chx570erjn1XQXlzAJZtVxChmp2Ltee_6DB_Ds/edit

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Program content areas:

- 1) Basic mechanisms of craniofacial growth and development.
- 2) Biodynamics of craniofacial growth:
 - structural elements of the craniofacial complex,
 - the influence of muscles on the direction of rotation of the components of the craniofacial complex.
- 3) Physiology of the orofacial complex.
- 4) Cranial nerves, stimulation of cranial nerves.
- 5) Early diagnosis and development support.
- 6) Importance of musculo-fascial chains for physiology of the orofacial complex and posture.
- 7) Assessment of dysfunction.
- 8) Tooth eruption, biodynamics of tooth eruption.
- 9) Physiology of the orofacial area, disorders of physiology.
- 10) Introduction to MFS stimulators system
 - positive stimulation,
 - negative stimulation,
 - coding the functions of the oral cavity according MFS philosophy,
 - MFS diagnostic protocol.
- 11) Nose stimulator, mouth obturator.
- 12) Lip stimulator, lingual buttons.
- 13) Open bite stimulator.
- 14) Antibruxismus stimulator, mouth relaxant.
- 15) Early functional treatment conducted with MFS stimulators.
- 16) Skeletal changes after functional treatment conducted with MFS stimulators only, cases.
- 17) Early orthodontic treatment assisted by MFS stimulators.
- 18) Tongue: growth rate, progression in gaining strength and mobility.
- 19) Resting position of the tongue and strategies for its acquisition.
- 20) Indications for phrenulotomy, surgical techniques, postoperative management.
- 21) All about myofascial relaxation technique with the tool after phrenulotomy.



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- 22) The relationship between teeth, tongue and posture.
- 23) Relationship between bruxism and posture.
- 24) Initial attrition and advanced occlusal disease, diagnosis, treatment.
- 25) Cooperation with speech therapists, neurologists, physiotherapists and osteopaths.
- 26) Presentation of cases.



Pictured here is the functional treatment with MFS stimulators of a patient with a class III anterior bite on the background of mouth breathing, as well as the lack of resting position of the tongue on the palate and atypical swallowing. After the training, you will learn the diagnosis of MFS and the sequence in the treatment of the aforementioned dysfunction (hierarchy of

motor functions according to MFS) in order to achieve an improvement in occlusion, as demonstrated with the example of the patient in the photo.



Pictured here is the functional treatment with MFS stimulators of a patient with open bite, bimaxillary protrusion on the background of mouth breathing, lack of resting position of the tongue on the palate, and atypical swallowing. After the training, you will learn the diagnosis of MFS and the sequence in the treatment of the afore-mentioned dysfunctions (hierarchy of motor

functions according to MFS) to achieve improvement of occlusion, as demonstrated with the example of the patient in the photo.



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Pictured here is the functional treatment with MFS stimulators of a patient with class II malocclusion, a deep bite on the background of parafunction of teeth clenching, and lack of resting position of the tongue on the palate. After the training, you will learn about the diagnosis of MFS and the use of MFS stimulators to achieve improvement of occlusion, as demonstrated by the example of the patient in the photo.



Pictured here is the functional treatment with MFS stimulators of a patient with class II malocclusion. After the training, you will learn about MFS diagnosis and the use of MFS stimulators to achieve improved occlusion, as demonstrated with the example of the patient in the photo.



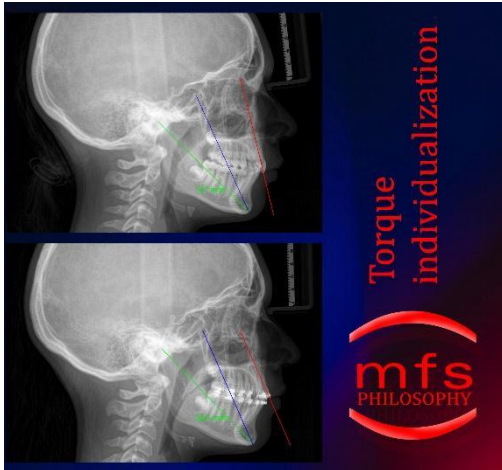
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The patient shown is in the somatic growth peak phase, with the mandible blocked for growth by retroclined upper incisors. This is the result of numerous functional disorders against the background of a shortened frenulum of the tongue. Treatment includes fixed braces using MFS brackets with an individually calculated torque in accordance with the individual axis of the patient's face. The growth pattern in the vertical dimension is controlled using an antibruxismus MFS device. Functional treatment is preceded by a frenulotomy, a myofascial release technique using a tongue tool. Treatment effects include: spontaneous increase in the length of the

mandible (9 mm), change in head alignment, change in facial appearance (fuller lips, larger eyes, increase in the vertical dimension of the lower third of the face).

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The patient shown is in the peak phase of somatic growth with the mandible blocked for growth by retroclined upper incisors and a deep-bite. Treatment includes fixed MFS brackets with torque calculated individually based on the patient's individual facial axis. The growth pattern in the vertical dimension is controlled using an antibruxismus MFS device. Treatment effects include: spontaneous increase in mandibular length (5 mm), change in head alignment, change in facial appearance - case analysis for disorders that caused the change in occlusion and dentofacial morphology.

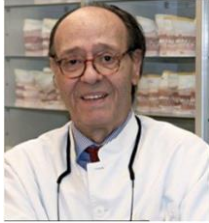


With MFS training, you will learn the classification of tongue mobility for newborns, infants, young children, and adults. You will gain knowledge of postoperative tissue regeneration and basic surgical techniques, as well as see the presentation of patients' cases and watch the footage before, immediately after, and one year after surgery.

Speakers:



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Professor José Duran von Arx

Long-time head of the orthodontics department at the University of Barcelona, and a chairman for Masters of Orthodontics. Director of the World Institute of Orthodontics in Barcelona. Founder and head of the orthodontic department of the children's hospital in Barcelona. Author of a number of scientific articles and four books on orthodontics (Dudas, ranzomiertos y propuestas en ortodoncja bajo la filosofica "MFS", Estimuloterapia en ortodoncja, Perspectiva cero, Mecanica fija MFS). Recipient of many awards in Spain and around the world as the creator of MFS system regulators and torque individualization. Twice awarded the GiRSO international prize for scientific research, the Spanish National Prize Copoderma, and the European Academy of Dental Sleep Medicine. Honorary member of the Portuguese, Polish, and Colombian orthodontic societies, and president of the Spanish Society of Preventive Dentistry.



Monika Osko

MFS Ambassador and president of the Polish Society of Myofunctional Therapy (PTTM). Graduate of the Medical Academy in Poznań, awarded the university's medal. Postgraduate student at Università Degli di Siena. Lecturer at Orthodontic World Institute. As a lecturer, invited by: University of Siena and University of Barcelona. Author of publications in orthodontic journals. Co-author of educational storybooks: "Doctor's fairy tales". Major titles and qualifications include: Master Universitario di Secondo Livello in Orthognatodonzia Clinica Avanzata, Diplomat Orthodontic IAO, and Orthodontic Senior Instructor IAO. More than 20 years of experience in orthodontics.



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Mira Rządka

Doctor of health sciences and university lecturer. Neuro-speech therapist, myotherapist, manual dysphagia therapist, feeding therapist, and early intervention specialist. Certified MFS Functional Orthodontics Therapist. ETTHNO methods in the Esther de Ru approach, international Buteyko method instructor, and Shantala Special Care trainer. Author of scientific publications and books.



Arleta Czuchryta

Master's degree in neurologopedics and university lecturer. Early intervention therapist, certified MFS Functional Orthodontics Therapist.