

# Instructions for Using the Tongue-Tie Measurement Template

## What is the template for?

A tongue-tie (ankyloglossia) isn't always visible at first glance. This tool helps you assess tongue mobility objectively — especially when considering whether a frenotomy might be necessary. It's a screening tool, but it does not replace a professional diagnosis.

The most important factor when deciding on a frenotomy is tongue function – not just how it looks!

## What does the template show you?

The template helps you calculate the ratio between maximum jaw opening and tongue mobility — known as the Tongue Range of Motion Ratio (TRMR):

- $\text{TRMR-TIP} = (\text{TIP} \times 100) : \text{COM}$
- 🖐️ Ratio between maximum jaw opening and opening with the tongue tip at the incisive papilla
- $\text{TRMR-LPS} = (\text{LPS} \times 100) : \text{COM}$
- 🖐️ Ratio between maximum jaw opening and opening with the entire tongue suctioned to the palate

These values help you evaluate tongue function — not to make a final decision on surgical intervention. That decision should always be made individually, based on functional evaluation and compensatory patterns.

## Step-by-Step Instructions

- **Start in a relaxed position**

Have the person sit comfortably — no pain, no strain.

- **COM – Comfortable Open Mouth**

Measure the maximum jaw opening without tongue involvement. Important: No pain, no pressure, no compensation.

- **TIP – Tongue to Incisive Papilla**

Ask the person to place their tongue tip at the incisive papilla (just behind the upper front teeth).

Measure jaw opening in this position.

- **LPS – Lingual Palatal Suction**

Have the person suction the entire tongue to the palate. Again, measure the jaw opening.

- **Watch for compensations**

Look out for unwanted movements, like floor of mouth elevation or head/neck extension. These can distort results.

- **Record & calculate results**

Read your measurements from the template and calculate the ratios.

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Read from the Zaghi Scale to assess if there's a functional restriction.

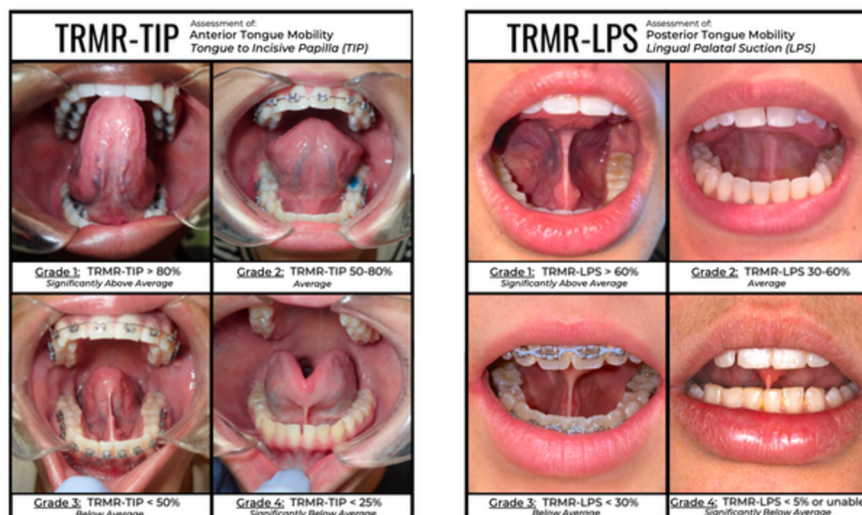
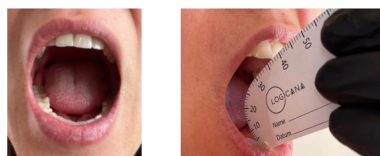


Image: <https://www.zaghimd.com/tongue-tie>

Resource: Yoon A, Zaghi S, Weitzman R, Ha S, Law CS, Guilleminault C, Liu SYC. Toward a functional definition of ankyloglossia: validating current grading scales for lingual frenulum length and tongue mobility in 1052 subjects. Sleep Breath. 2017 Sep;21(3):767-775. doi: 10.1007/s11325-016-1452-7. Epub 2017 Jan 17. PMID: 28097623.

## Important Information

- Never base the decision for a frenotomy on a single measurement alone.
- Proper assessment requires experience — and often interdisciplinary collaboration.
- Orofacial myofunctional therapy can improve tongue function significantly – sometimes eliminating the need for surgery.
- Even if a frenotomy is a relatively minor procedure: It should only be performed when functionally justified – scar tissue should never be created unnecessarily.



This is how you measure "COM" = "comfortable open mouth posture"



This is how to measure "TIP" = "tongue to incisive papilla"



This is how you measure "LPS" = "lingual palatal suction"

If you work regularly with tongue-tie assessments, this measurement template is a valuable tool — not just for screening but also for tracking progress throughout therapy.

*Melanie*