

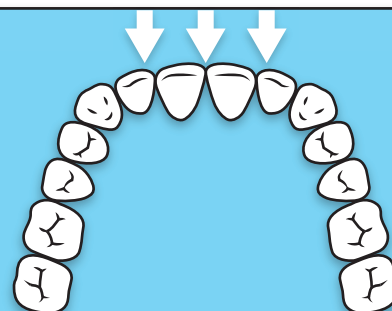
Tongue in palate and correct swallow

Ideal Arch Form

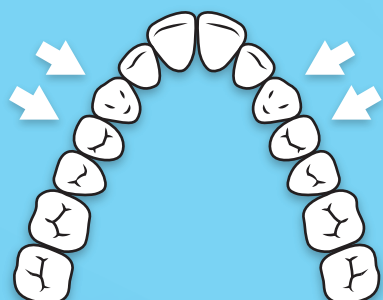
An equilibrium or balance between the outward pressures of the tongue and inward pressure of the lips and cheeks.

Flattened Arch Form

Primarily associated with strong overactive lip muscles that push back on the the anterior segments.



Low tongue and reverse swallow



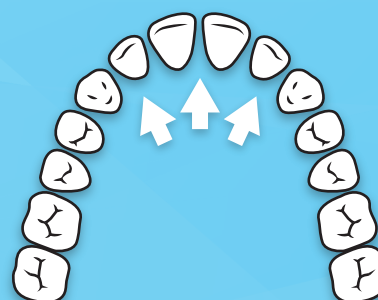
Low tongue and reverse swallow

V-Shaped/Narrow Arch Form

Primarily associated with a low tongue position, leaving the pressure of the cheeks unbalanced.

Flared/Spaced Arch Form

Primarily associated with a forward tongue position at rest and swallowing combined with weak lips or a lip trap.



Low tongue and reverse swallow

Hourglass Arch Form

Primarily associated with strong overactive buccinator muscles that push the arch form inwards.



Low tongue and reverse swallow