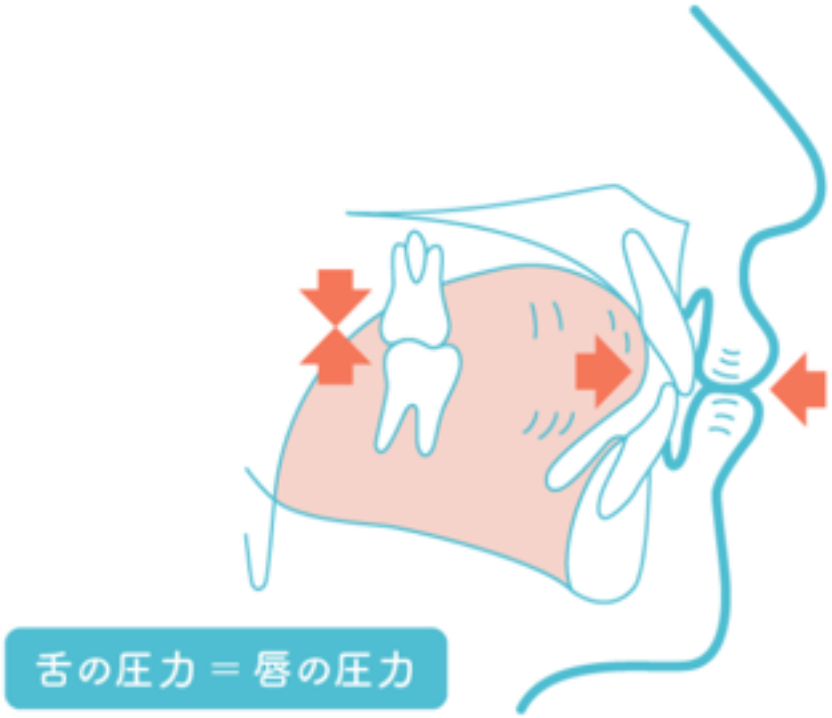
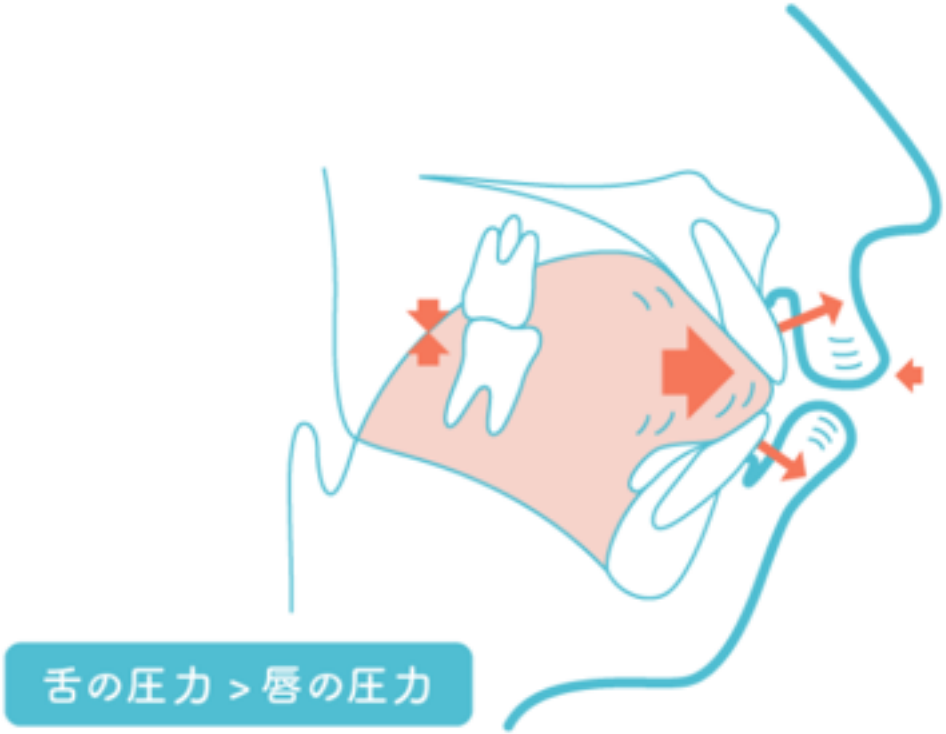
MFT（口腔筋機能療法）

◎ 正しい舌の位置



✕ 誤った舌の位置