

Dr Imran Rangzeb – Adult Tongue Tie

Dr Imran Rangzeb qualified from The University of Manchester in 2002 and has worked in private practice since 2008. He is the Clinical Director of Town Hall Dental practice, based in Brighouse.

Dr Rangzeb's practice is limited to dental implants and diagnosis of adult tongue tie and surgical treatment. At the Breathe Clinic, he combines the benefits of Neuro Physiotherapy, Cranial Therapy, Optometric Rehabilitation, Myofunctional Therapy and Podiatry to eliminate musculoskeletal injury and improve sports performance.

Studies have shown that head, tongue and neck position affect a patients' breathing style drastically, and through treatments at The Breathe Clinic, it is possible for patients to experience benefits such as:

- Correct swallowing
- Correct tongue function
- Breathing through the nose
- Regulated blood pressure
- Reduced inflammation
- Higher quality of sleep
- Greater endurance/physical strength
- Improved function of the immune system
- Cognition, especially memory and learning, regulated blood



Because of the well-established connections between sleep, airway health, breathing and athletic performance, The Breathe Sports Clinic is proud to work with world-class athletes within the sports and Olympic industry. He works with several sports partners and athletes, including Leeds United FC, Manchester Storm Ice Hockey Team, Leeds Knights Ice Hockey Team, Paralympians Hannah Cockroft and Nathan Maguire.

He is trained by the world-renowned ENT sleep surgeon Dr Soroush Zaghi and is an Affiliate of The Breathe Institute.

(Dr. Zaghi is particularly interested in studying the impact of tethered-oral tissues (such as tongue-tie) and oral myofascial dysfunction on maxillofacial development, upper airway resistance syndrome, and obstructive sleep apnoea. He is an invited lecturer, author, and journal reviewer for topics relating to the diagnosis and management of sleep-disordered breathing and tongue-tie disorders.)