

ORAL-MOTOR EXERCISES (TONGUE)

These exercises will aid in building tongue strength, increasing range of motion, and improving swallowing coordination.

Set time aside for oral-motor exercises each day. Take care to allow enough time to not rush through these exercises and perform them as accurately as described as possible.

Oral-motor exercises involve fine motor skills, so precision is important.



Instructions:

- Sit in front of a mirror that allows for a good view of the mouth area.
- Take short breaks and moisten your mouth with water as indicated.
- A tongue depressor/ clean pencil/teaspoon is needed to create resistance for some oral motor exercises.
- Perform these exercises twice a day.

SLOWLY:

- Stick your tongue forward as far as possible against the tongue depressor. Repeat X 15.
- Move your tongue to one side. Provide tongue blade resistance by pushing the tongue against the tongue depressor. Repeat X 15
- Move your tongue to the other side. Provide tongue blade resistance using the tongue depressor. Repeat X 15.
- Elevate your tongue toward your nose with tongue blade resistance above your upper lip. Repeat X 15.
- Point your tongue toward your chin with tongue blade resistance under your lower lip. Repeat X 15.
- Move your tongue in a circular motion all around your mouth. Repeat X 30.



LONG HOLDS:

- Stick your tongue forward with tongue blade resistance using the tongue depressor for 30 seconds.
- Move your tongue to one side. Provide tongue blade resistance for 30 seconds.
- Move your tongue to the other side, provide tongue blade resistance for 30 seconds.
- Elevate your tongue toward your nose with tongue blade resistance for 30 seconds.
- Point your tongue toward your nose with tongue blade resistance for 30 seconds.

FAST AS POSSIBLE with tongue depressor or a pencil for resistance:

- Stick your tongue against the tongue depressor then relax, repeat rapidly for 30 seconds.
- Move your tongue to one side, use tongue depressor for blade resistance then relax, repeat for 30 seconds.
- Move your tongue to the other side, use resistance of the tongue depressor or pencil then relax, repeat for 30 seconds.
- Elevate your tongue toward nose with tongue blade resistance then relax, repeating as fast as possible for 30 seconds.
- Point your tongue toward your chin with resistance then relax, repeating for 30 seconds as fast as possible.
- Move your tongue as fast as possible in a circle motion all around your mouth. Repeat for 60 seconds.
- Produce /kuh kuh kuh kuh/ for the back of the tongue rapidly for 30 seconds.
- Produce /guh guh guh guh/ for the back of the tongue rapidly for 30 seconds.
- Produce /duh duh duh duh/ for the back of the tongue rapidly for 30 seconds.



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