



## Tongue Exercises

Choose 2-3 exercises a week to complete.

Once those have been completed regularly and consistently for 1-2 weeks, switch to the next two exercises that have not been completed yet the one to two weeks

- 1** **Tongue to the spot** - the spot is located directly behind your two front teeth
  - Slightly touch your teeth together or leave them slightly separated while lips are closed
  - The back 1/4 to 1/2 of your tongue should be touching the roof of your mouth. (It may not be able to touch the top of your mouth. if it does, great!)
  - let your tongue rest comfortably, you should not force your tongue up
  - Hold your tongue for **5 minuet**s each time you practice
    - Do not let your tongue come off the spot when swallowing

Practice keeping your tongue on "the spot" while driving, reading, relaxing, watching tv, etc.

- 2** **Tongue Pop**
  - Place the tip of your tongue on the spot, the rest of your tongue against your palate, and create a suction cave
  - Then let your tongue pop/click on release
  - Hold for 1 second between pops
  - Do 50 clicks two times a day. (If you can not do 50 in the beginning, try 10 to 20 twice per day or until your tongue gets tired)

- 3** **Gargle**
  - This is trying to strengthen the muscles in the back of your mouth. You can do this with mouthwash, water, or nothing in your mouth
  - Do this for a consistent minute. Start with 2 -3 reps of 15 to 20 seconds each for 1 to 1 ½ minutes, twice per day

- 4** **Stretches of the roof**
  - Suction your tongue to the top of your mouth, just as you would for tongue pops
  - While your tongue is up on the roof of your mouth, open and close your lower jaw
  - Do this as many times as many times as you can before your tongue falls off the roof of your mouth
  - Start with 10 of these twice per day and work your way up to 100 of them twice per day, as you get stronger

**5** **Tongue Kicks** - This is an exercise to strengthen the posterior portion of your tongue.

- The back portion of your tongue is humped up to touch your soft palate
- Watch yourself in the mirror and watch yourself say "Kick"
- Raise and lower the back of your tongue producing the hard "K" sound
- Do this exercise 20 times, twice a day

**6** **Lips Back & Point the Tongue**

- Move the tongue forward, then left, right, up & down while keeping the tongue pointed
- Retract the tongue back until you feel the back of the tongue touch the throat
- Repeat 6 to 10 times and hold each position for 3 seconds

**7** **Soft Palate – Uvula Pull**

- Use a mirror and a light, open your mouth and push the tongue down
- Yawn as you pull in the air, while looking in a mirror to see if the uvula and the soft palate lift into the back of your throat
- Hold the pull for a count of 2 seconds and repeat 20 times
- If this is difficult, try gargling first or tapping the back of your soft palate to do some tactile stimulation to that area
- Make sure the tongue does not creep upwards and back in the throat while completing this exercise

**8** **Breathing**

- Do diaphragm breathing for a 3 minute cycle – breath in for a count of 3 (belly should expand) and release for a count of 5
- Breathing out should be slower and longer than breathing in
- Complete this exercise either lying down or sitting up. A great time for this is at night when you have your appliance in and are lying in bed

**9** **Tongue Curl Breathing**

- Curl your tongue like a taco
- Sit up straight with your shoulders down
- Breathe in and out through the tongue 10 to 15 times forcefully
- Use diaphragm breathing for this exercise (breathe in 3 seconds, breathe out 5 seconds)