

Resistive Tongue Exercises

The following few exercises target tongue resistance and range of motion. Please make sure you are stretching to a comfortable position; these exercises should not cause pain.

Position: Seated upright in a chair

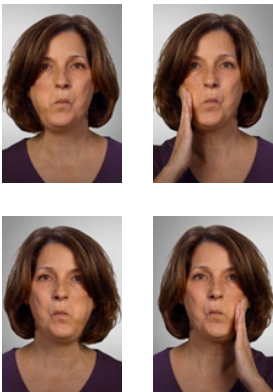
Repetitions: 5x each | Sets: 1x | Frequency: 3x/day



Exercise 1, Tongue Tip Against Roof of Mouth:
Push your tongue hard against the roof of your mouth. Hold for 5 seconds.



Exercise 2, Tongue Protrusion:
Step 1: Select a flat object (i.e., spoon or tongue depressor)
Step 2: Stick your tongue straight out and push hard against the flat surface. Hold for 5 seconds.



Exercise 3, Left and Right Tongue Lateralization:
Step 1: Push your tongue against the inside of your left cheek.
Step 2: Apply pressure to your tongue by pressing your hand firmly against your left cheek. Hold for 5 seconds.
Step 3: Complete steps 1 and 2 on the right side.

**Tip:* Apply just enough pressure so you feel fatigued upon completion of the exercises.

Please immediately stop any exercise should you feel new discomfort & notify your speech-language pathologist or doctor.

Video Link:

<https://www.youtube.com/watch?v=NZjPuUBdEBQ>