

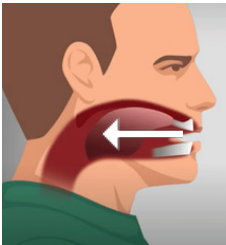
# Tongue Retraction

**Position:** Seated upright in a chair

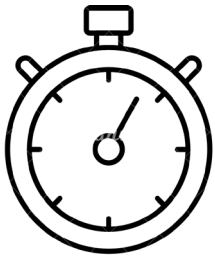
**Repetitions:** 5-10x

**Sets:** 1x

**Frequency:** 3x/day



**Step 1:** Retract the back of your tongue until it makes contact with the back of your throat.



**Step 2:** Hold this position for 2-3 seconds.

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=SpDv-NuEBnA>