

SLP-chosen for you, from the Nicespeechlady.com library SPEECH PATHOLOGY PATIENT: _____

SPEECH PATHOLOGIST: _____

SPECIAL INSTRUCTIONS: _____

_____ DATE: _____



HOME PROGRAM: Advanced Oral-Motor Exercises, Swallowing Version A

Set time aside for oral-motor exercises each day. Take care to allow enough time to not rush through these exercises, but to perform them as accurately as described as possible. Oral-motor exercises involve fine-motor skills, so precision is important. These exercises will aid in building strength, increased range of motion and improved coordination for swallowing.

Instructions:

- Sit in front of a mirror that allows for a good view of the mouth area.
- Take short breaks and moisten your mouth as indicated.
- A tongue depressor is needed for this list of oral motor exercises.
- Perform these exercises twice a day.

TONGUE

SLOWLY:

Stick your tongue forward as far as possible against the tongue blade. Repeat X 15.

Move your tongue to one side. Provide tongue blade resistance. Repeat X 15

Move your tongue to the other side. Provide tongue blade resistance. Repeat X 15.

Elevate your tongue toward your nose with tongue blade resistance. Repeat X 15.

Point your tongue toward your chin with tongue blade resistance. Repeat X 15.

Move your tongue in a circle motion all around your mouth. Repeat X 30.

Produce /kuh kuh kuh kuh/ for the back of the tongue. Repeat X 30.

Produce /guh guh guh guh/ for the back of the tongue. Repeat X 30.

LONG HOLDS:

Stick your tongue forward with tongue blade resistance 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:

Stick your tongue against the tongue blade and relax rapidly for 30 seconds.

Move your tongue to one side, use tongue blade resistance/relax for 30 seconds.

Move your tongue to the other side, use resistance/relax for 30 seconds.

Elevate your tongue toward nose with tongue blade resistance/relax or 30 seconds.

Point your tongue toward your chin with resistance/relax for 30 seconds.

Move your tongue 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.

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LIPS

SLOWLY:

Smile, relax your mouth. Repeat X 30.

Pucker your lips like a kiss, relax your mouth. Repeat X 30.

Smile, then pucker your lips like a kiss. Repeat X 30.

Press your lips together, in a pressing, hard motion. Repeat X 30.

LONG HOLDS:

Smile for a 60 second hold.

Pucker your lips like a kiss for a 60 second hold.

Press your lips together, in a pressing, hard motion for a 60 second hold.

FAST AS POSSIBLE:

Smile, then relax your mouth. Perform for 60 seconds straight.

Pucker your lips like a kiss, relax your mouth. Perform for 60 seconds straight.

Press your lips together, in a pressing, hard motion for 60 seconds straight.

JAW

SLOWLY:

Close your mouth. Then, open your jaw fully. Repeat X 30.

Open your jaw fully. Then, close your mouth. Repeat X 30.

Open your jaw fully. Alternate the jaw in side motions. Repeat X 30.

Open your jaw fully. Keeping your jaw open, round your lips. Repeat X 30.

Move your jaw in a rotary chew motion. Repeat X 30.

Move your jaw in a rotary chew motion, opposite direction. Repeat X 30.

LONG HOLDS:

Open your mouth fully and hold it for 60 seconds.

Close your mouth fully and hold it for 60 seconds.

Open your jaw fully and move the jaw in one side motion, hold for 60 seconds.

Open your jaw fully and move the jaw to the other side motion, hold for 60 seconds.

Open your jaw fully. Keeping your jaw open, round your lips, hold for 60 seconds.

FAST AS POSSIBLE:

Open your jaw fully, then close it fully, repeating. Perform for 60 seconds straight.

Alternate the jaw in side motions rapidly. Perform for 60 seconds straight.

Keeping your jaw open, repeatedly round you lips and relax for 60 seconds straight.

Move your jaw in a rotary chew motion rapidly for 60 seconds straight.

Move your jaw in the opposite rotary chew direction, for 60 seconds straight.

ADDITIONAL EXERCISES ASSIGNED

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