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HOME PROGRAM: Beginning 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:

- Perform these exercises once a day.
- 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.

TONGUE EXERCISES

SLOWLY:

Stick your tongue forward as far as possible, relax your tongue. Repeat X 10.

Move your tongue from side to side. Repeat X 10.

Elevate your tongue toward your nose, relax your tongue. Repeat X 10.

Point your tongue toward your chin, relax your tongue. Repeat X 10.

LONG HOLDS:

Stick your tongue forward as far as possible, 20 second hold.

Move your tongue to one side and hold it for a 20 second hold.

Move your tongue to the other side, 20 second hold.

Elevate your tongue toward your nose, 20 second hold.

FAST AS POSSIBLE:

Stick out your tongue forwards as far as possible. Perform for 20 seconds straight.

Move your tongue from side to side. Perform for 20 seconds straight.

LIP EXERCISES

SLOWLY:

Smile, relax your mouth. Repeat X 10.

Pucker your lips like a kiss, relax your mouth. Repeat X 10.

Smile, then pucker your lips like a kiss. Repeat X 10.

LONG HOLDS:

Smile for a 20 second hold, relax your mouth.

Pucker your lips like a kiss for a 20 second hold.

FAST AS POSSIBLE:

Smile, then relax your mouth. Perform for 20 seconds straight.

Pucker your lips like a kiss, relax your mouth. Perform for 20 seconds straight.

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JAW EXERCISES

SLOWLY:

Close your mouth. Then, open your jaw fully. Repeat X 10. Open your jaw fully. Then, close your mouth. Repeat X 10. Open your jaw fully. Alternate the jaw in side motions. Repeat X 10. Open your jaw fully. Keeping your jaw open, round your lips. Repeat X 10. <u>LONG HOLDS:</u> Open your mouth fully and hold it for 20 seconds. Close your mouth fully and hold it for 20 seconds. Open your jaw fully and move the jaw in one side motion, hold for 20 seconds. Open your jaw fully and move the jaw to the other side motion, hold for 20 seconds. Open your jaw fully. Keeping your jaw open, round your lips, hold for 20 seconds. <u>FAST AS POSSIBLE:</u> Open your jaw fully, then close it fully, repeating. Perform for 20 seconds straight. Alternate the jaw in side motions. Perform for 20 seconds straight.

Keeping your jaw open, repeatedly round you lips and relax for 20 seconds straight.

ADDITIONAL EXERCISES ASSIGNED

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