

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

SPEECH PATHOLOGIST: _____

SPECIAL INSTRUCTIONS: _____

_____ DATE: _____



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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Nice Speech Lady

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.

LONG HOLDS:

- 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.

FAST AS POSSIBLE:

- 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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