

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 C

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

SLOWLY:

Stick your tongue forward as far as possible, relax your tongue. Repeat X 30.

Move your tongue from side to side. Repeat X 30.

Elevate your tongue toward your nose, then relax your tongue. Repeat X 30.

Point your tongue toward your chin, then relax your tongue. Repeat X 30.

LONG HOLDS:

Stick your tongue forward as far as possible. Hold for 60 seconds.

Move your tongue to one side and hold it. Hold for 60 seconds.

Move your tongue to the other side. Hold for 60 seconds.

Elevate your tongue toward your nose, then relax your tongue. Hold for 60 seconds.

Point your tongue toward your chin, then relax your tongue. Hold for 60 seconds.

FAST AS POSSIBLE:

Stick out your tongue forwards as far as possible, then relax your tongue. Perform for 60 seconds straight, fast.

Move your tongue from side to side. Perform for 60 seconds straight, fast.

Elevate your tongue toward your nose, then relax your tongue. Perform for 60 seconds straight, fast.

Point your tongue toward your chin. Perform for 60 seconds straight, fast.

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 back and forth X 30.

LONG HOLDS:

Smile for a 60 second hold, relax your mouth.

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

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

SPEECH PATHOLOGIST: _____

SPECIAL INSTRUCTIONS: _____

_____ DATE: _____



Nice Speech Lady

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.
Smile, then pucker your lips like a kiss. Repeat back and forth. Perform 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

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____