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	SPEECH PATHOLOGIST:
	SPECIAL INSTRUCTIONS:
Nice Speech Lady	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.

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****	SPECIAL INSTRUCTIONS:
Vice Speech Lady	bate:
AST AS POSSIBLE:	
mile, then relax your mouth. Perform for 6	50 seconds straight.
ucker your lips like a kiss, relax your mout	h. Perform for 60 seconds straight.
mile, then pucker your lips like a kiss. Repe	eat back and forth. Perform for 60 seconds straight.
AW	
LOWLY:	
Close your mouth. Then, open your jaw full	•
Open your jaw fully. Then, close your mout	·
Open your jaw fully. Alternate the jaw in sid	·
Open your jaw fully. Keeping your jaw oper	
Move your jaw in a rotary chew motion. Re	•
Move your jaw in a rotary chew motion, op	posite direction. Repeat X 30.
ONG HOLDS:	
Open your mouth fully and hold it for 60 se	
Close your mouth fully and hold it for 60 se	
Open your jaw fully and move the jaw in or	
Open your jaw fully and move the jaw to th	
Open your jaw fully. Keeping your jaw oper	n, round your lips, hold for 60 seconds.
AST AS POSSIBLE:	
Open your jaw fully, then close it fully, repe	
Alternate the jaw in side motions rapidly. P	
Geeping your jaw open, repeatedly round y	
	idly for 60 seconds straight.
Nove your jaw in a rotary chew motion rap	
Move your jaw in a rotary chew motion rap Move your jaw in the opposite rotary chew ADDITIONAL EXERCISES ASSIGNED	