

## Oromyofunctional Exercises

The following exercises should be repeated 10 times and ideally the entire set should be done at least 4 times per day. In total, 45 minutes per day should be devoted to the therapy. The regimen includes:

Exercise 1: Push Up the Tongue - Place the tip of the tongue against the hard palate on the roof of the mouth, just behind the top teeth, and push upwards and hold for 5 seconds. Repeat 10 times.

Exercise 2: Touch Nose - Stick out your tongue and try to touch the tip of your nose and hold for 10 seconds, then relax. Repeat 10 times.

Exercise 3: Touch Chin - Stick out your tongue and try to lick the bottom of your chin and hold for 10 seconds, then relax. Repeat 10 times.

Exercise 4: Push Tongue Left - Stick out your tongue and move it as far as you can to the left and hold for 10 seconds, then relax. Repeat 10 times.

Exercise 5: Push Tongue Right - Stick out your tongue and move it as far as you can to the right and hold for 10 seconds, then relax. Repeat 10 times.

Exercise 6: Roll Tongue - Roll your tongue by folding the edges toward the middle lengthwise, so it looks like the end of a taco shell. Stick it out as far as you can while keeping it folded and hold for 10 seconds, then relax. Repeat 10 times.

Exercise 7: Click the Tongue - Make a loud clicking sound with the tongue against the roof of the mouth. Click the tongue for 15 seconds and then repeat 10 times.

Exercise 8: Push the Tongue Against a Spoon - Push the tip of your tongue firmly against a spoon held in front of your lips for 10 seconds. Keep the tongue straight and don't let it point downwards. Repeat 10 times.

Exercise 9: Hold a Spoon - Place the handle of a metal spoon between your lips and hold it in place with only your lips for 10 seconds. Do not place the handle between your teeth. Try to keep it parallel to the floor. As your strength improves, you can place other small objects on the spoon for added weight (i.e., sugar cube). Repeat 10 times.