

## **Rehabilitative Exercises For Cheek Muscles**

### **Goals**

The tone in patient's cheek(s) will increase to improve the ability to put food and liquid into a cohesive bolus to reduce the risk of food residue falling into the airway.

### **Objective**

The patient will puff his/her cheeks 10 times/session/day for 4-8 weeks

### **Therapeutic Procedure Steps**

- 1) Puff your cheeks up with air, and move the air from one cheek to the other
- 2) Do not allow air to escape from the lips or nose while doing this exercise.
- 3) Relax
- 4) Repeat it 10x.

