



Tongue Base Retraction

Goal

- * To develop strength in the base of the tongue to reduce vallecular residue
- * To increase movement of the back wall of the throat and the base of the tongue. It is helpful if you have food residue sticking high in your throat.

Objective

The patient will pull the tongue straight back in the throat for 5 seconds, 10x/day for 4-8weeks.

Therapeutic Procedure Steps

1) Pretending to scratch the back wall of the throat

- 1) Pull the base of your tongue towards the back wall of the throat (posterior pharyngeal wall) with lots effort by pretending that you are trying to scratch the back wall of your throat with the back of your tongue.
- 2) Hold it there for 5 seconds
- 3) Release
- 4) Repeat it 10 times

2) Pretending to Gargle

- 1) Look up toward the ceiling.
- 2) Pretend you have liquid in your mouth.
- 3) Pretend to gargle for 5 seconds
- 4) Repeat it 10 times

3) Pretending to Yawn

- 1) Open your mouth wide.
- 2) Start to yawn. You will feel all the muscles open wide in your throat and mouth
- 3) Repeat it 10 times

