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طبيب إختصاصي طب التخاطب وإضطرابات البلع

جامعة سان هوزي بالولايات المتحدة الأمريكية

جامعة كاليفورنيا سان فرانسيسكو

Rehabilitative Exercises For Cheek Muscles

Goals

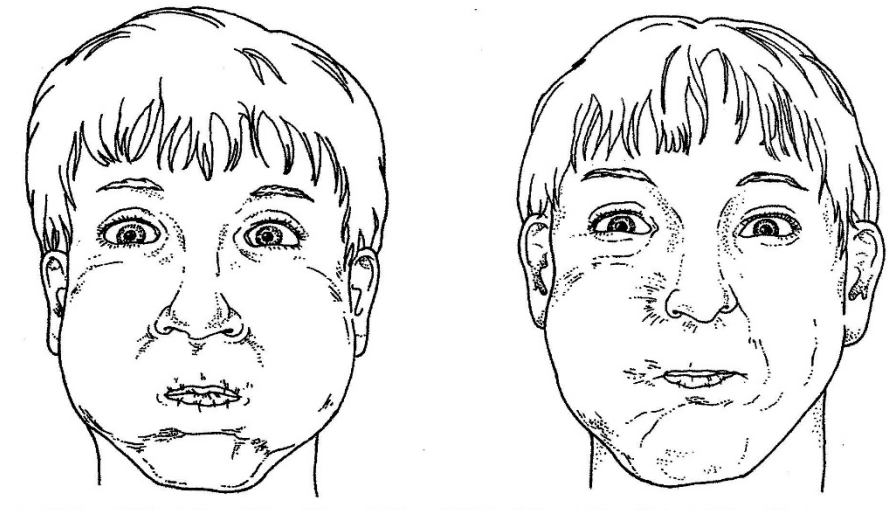
The tone in patient's cheek(s) will increase to improve the ability to put food and liquid into a cohesive bolus to reduce the risk of food residue falling into the airway.

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.



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