

Rehabilitative Exercises For Lip Muscles

Goal

The patient will be able to maintain complete closure of the lips to keep the bolus from falling over the base of the tongue, out the front of the mouth, or into sulci (Bolus maintenance).

Objectives

The patient will do some maneuvers; such as sucking on straw or ice cube, closing lips and pressing hard, puckering lips, etc.; 10 times/session/day for 4-8 weeks.

Therapeutic Procedure Steps

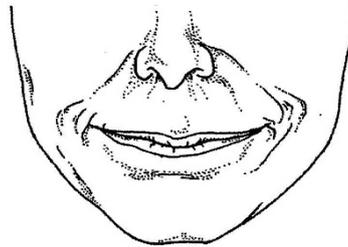
Bolus maintenance (Lip closure):

Therapist initiated:

- * Place your thumb and index finger on the patient's upper lip just below the nostrils, and give a quick stretch outward toward the corners of the mouth. Release pressure suddenly. Repeat with lower lip.
- * Using your index finger and thumb on the corners of the patient's mouth, stretch out toward the cheeks. Release suddenly
- * Briefly tap directly on the bone under the patient's chin to create a reflex action to assist in jaw closure
- * Place your hand below the patient's chin to provide resistance to the jaw opening, and then place your hand in front of the chin to resist protrusion.

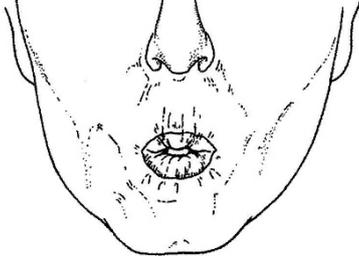
(a) Exercise 1:

- 1) Smile or say /e/,
- 2) Hold for 5 seconds,
- 3) Relax
- 4) Repeat it 10x





(b) Exercise 2:

<ol style="list-style-type: none">1) Round or pucker your lips into a "kissing" position or say /o/2) Hold that position for 5 seconds.3) Relax4) Repeat it 10x.5)	
--	--

(c) Exercise 3:

<ol style="list-style-type: none">1) Press your lips tightly together for 5 seconds.2) Relax3) Repeat it 10x	
--	---

(d) Exercise 4:

<ol style="list-style-type: none">1) Press your lips tightly around a tongue depressor or spoon2) Push against it with your tongue.3) Hold for 5 seconds4) Repeat it 10x	
---	--