



Rehabilitative Exercises for Tongue Muscles

Goal

- 1) Patient will increase tongue movement to improve the ability to move a bolus to the back of the mouth in a coordinated fashion to reduce the risk of it falling into the airway.
- 2) Patient will improve back of tongue control to keep food from falling over the back of the tongue and into the airway.

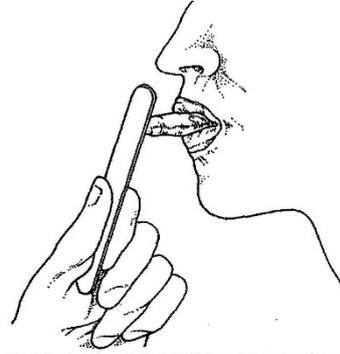
Objectives

The patient will do variety of rehabilitative exercises; such as sticking tongue outside the mouth, pulling the tongue back, etc.; 25-30 time/session (1-3 session/day), between 3-5 days/week for 4-8 weeks.^[1]

Therapeutic Procedure Steps

1) Sticking tongue outside the mouth against tongue depressor

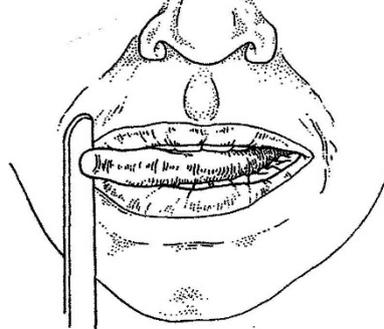
- 1) Stick your tongue out, and push it against a tongue depressor (or spoon).
- 2) Hold the tongue depressor against the tip of your tongue, and try to push it away with your tongue tip.
- 3) Hold for 3 second.
- 4) Relax
- 5) Repeat it 10 times.





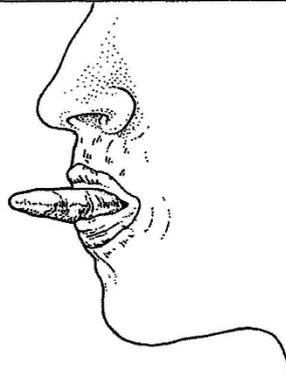
2) Lateral tongue movement

- 1) Move your tongue to the left corner of your lips as far as possible.
- 2) Press against the tongue depressor.
- 3) Hold for 3 second.
- 4) Then move it to the right corner of your lips, and
- 5) Press against the tongue depressor.
- 6) Hold for 3 second.
- 7) Relax and
- 8) Repeat for 10 times.



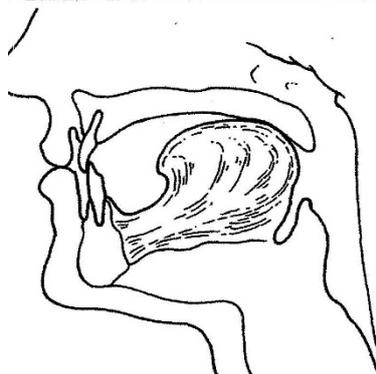
3) Sticking tongue outside the mouth

- 1) Stick your tongue out between the lips
- 2) Hold the tongue steady and straight.
- 3) Hold for 5 seconds.
- 4) Relax
- 5) Repeat it 10x.



4) Lifting back of tongue

- 1) Pull (hump) your tongue in toward the back of your mouth as if to say the word "cake";
- 2) Hold for 5 seconds.
- 3) Relax and
- 4) Repeat it 10x



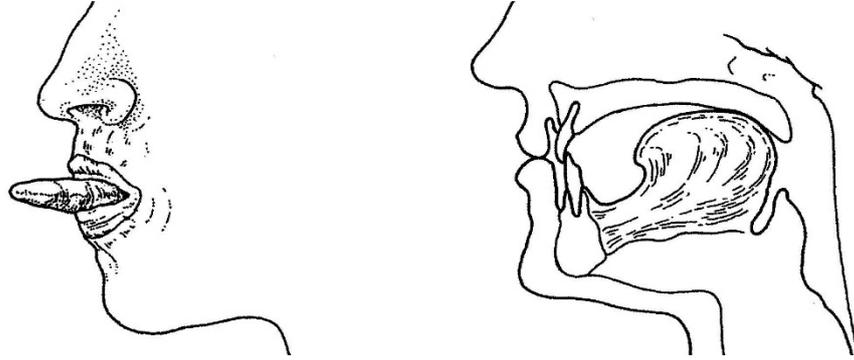
Repeat these words ending with "k." Make a hard, forceful "k" each time you say a word.

walk	talk	work	pack	pike	peek
back	bake	bike	book	hike	jack
lake	look	like	lick	lark	make
mark	nick	pick	sick	shake	take
wake	black	truck	rake	rack	hawk



5) Tongue Forward/backward movement

- 1) Stick your tongue out of your mouth straight as far as possible and hold it for 5 seconds.
- 2) Then pull or hump your tongue to the back of your mouth as if to say the word "cake," or as if you are trying to scratch the back wall of your throat with the back of your tongue.
- 3) Hold it for 5 seconds.
- 4) Relax
- 5) Repeat it 10x.



6) Side-to-side movement

- Put the tip of our tongue in your right cheek as far back as you can and holds it for 10 seconds. Repeat with tip of tongue in left cheek.
- Smile. Put the tip of your tongue in the corner of your lips on the right, and then move it to the left.

Works Cited

- [1] C. Sapienza, Wheeler-Hegland, K., Stewart, K., and Nocera, J, "Exercise Prescription for Dysphagia: Intensity and Duration Manipulation," *Perspectives on Swallowing and Swallowing Disorders*, vol. 17, pp. 50-58, June 2008.