

Resistive Tongue Exercises

The following few exercises target tongue resistance and range of motion

Position: Seated upright in a chair

Sets: 1x

Frequency: 3x/day

Exercises:

Tongue Tip Against Roof of Mouth:

Step 1: Push your tongue hard against the roof of your mouth, Hold for 5 seconds, repeat 5x



Tongue Protrusion:

Step 1: Select a flat object (i.e., spoon or tongue depressor)

Step 2: Stick your tongue out and push hard against the flat surface, hold for 5 seconds, repeat 5x



Left Tongue Lateralization:

Step 1: Push your tongue against the inside of your left cheek

Step 2: Apply pressure to your tongue by pressing your hand firmly against your left cheek. Hold for 5 seconds, repeat 5x



Right Tongue Lateralization:

Step 1: Push your tongue against the inside of your right cheek

Step 2: Apply pressure to your tongue by pressing your hand firmly against your right cheek. Hold for 5 seconds, repeat 5x

***Tip:** Apply just enough pressure so you feel fatigued upon completion of the exercises.



Video Link: <https://www.youtube.com/watch?v=NZjPuUBdEBQ>

Please immediately stop any exercise should you feel new discomfort & notify your speech-language pathologist or doctor