

Tongue Retraction

Position: Seated upright in a chair

Repetitions: 5-10x

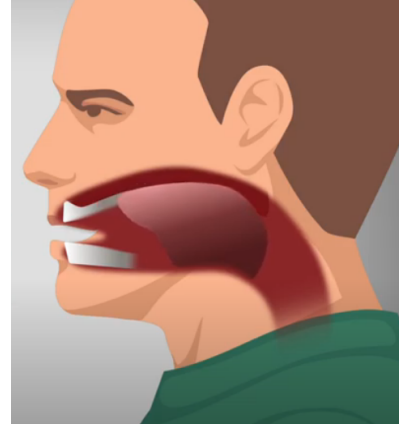
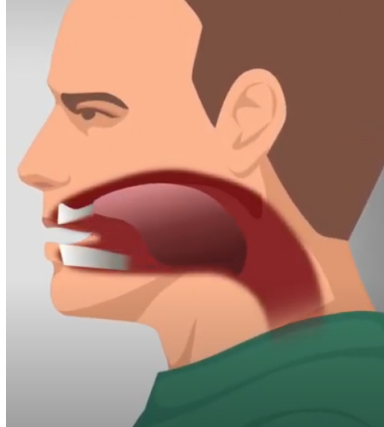
Sets: 1x

Frequency: 3x/day

Steps:

- 1: Retract the back of your tongue until it makes contact with the back of your throat.
- 2: Hold for 2-3 seconds

***Tip:** Pretend you are trying to scratch the back wall of your throat; it may feel as though you are holding your breath while completing this exercise



Video Link: <https://youtu.be/SpDv-NuEBnA>

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