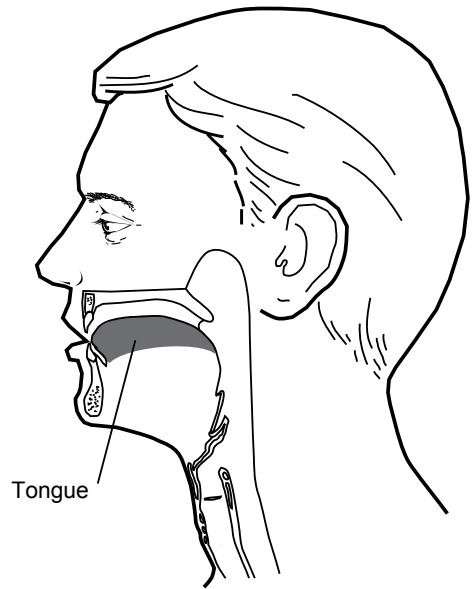


# Tongue Base Strengthening Exercises

The base of your tongue is key in making pressure to help you swallow. These exercises will strengthen and improve the movement of your tongue base. These exercises can help some people with swallowing problems.

- These exercises typically should not be done with any food in your mouth.
- Do these exercises \_\_\_\_\_ times each day as directed by your speech therapist or doctor.



## Exercises

### Masako Maneuver

Place the tip of your tongue between your front teeth or gums. Hold gently and swallow, keeping your tongue between your teeth or gums. It may feel awkward to swallow, but this will strengthen muscles in your throat.

Repeat \_\_\_\_\_ times.

### Gauze Exercise

Place a rolled piece of gauze between your front teeth. Gently hold the gauze in place and swallow.

Repeat \_\_\_\_\_ times.

### Effortful Swallow

Swallow your saliva while you squeeze all of your mouth and neck muscles very hard.

Repeat \_\_\_\_\_ times.

### Gargle Exercise

Pull your tongue as far back in your mouth as you can. Pretend to gargle hard and then release.

Repeat \_\_\_\_\_ times.

### **Tongue Pull-Back**

Stick your tongue straight out and then pull it as far back in your mouth as you can. Hold for 2 seconds.

Repeat \_\_\_\_\_ times.

### **Yawn**

Yawn and hold your mouth open as wide as you can for 1 second.

Repeat \_\_\_\_\_ times.