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.

- **मेहनत करके निगलना**
  अपने मुंह और गले के मसल्स को खींचकर अपनी लार को निगल ले।
  इसे _____ बार दोहराएं।

- **गार्गल एक्सरसाइज़**
  जितना हो सके अपनी जीभ को मुंह के अंदर खींचें। ऐसा दिखाएं कि आप गलगला (कुल्ला) कर रहे हैं।
  इसे _____ बार दोहराएं।

- **टंग पुल-बैक**
  अपनी जीभ को बाहर निकालें और जितना हो सके उत्तरा उसे अंदर ले। 2 सेकंड तक रुके रहें।
  इसे _____ बार दोहराएं।

- **जंभाई (यॉन)**
  जंभाई ले और अपने मुंह को 1 सेकंड के लिए जितना हो सके उत्तरा खुला छोड़ दें।
  इसे _____ बार दोहराएं।