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.

- **बल लगाएर निल्ने व्यायाम**
  आफ्नो मुख र पॉटिटका सबै मांसपेशीहरूमा जोड लगाएर थुक नलिनु होस्।
  _____ पटक दोहोर् रयाउनु होस्।

- **कुल्ला गर्ने व्यायाम**
  आफ्नो जिब्रोलाई जतसिक्कुँदै पछाडितानु होस्। जोडले कुल्ला गरेको जस्तो गरुर् त्यसै जिब्रोलाई छोड्नु होस्।
  _____ पटक दोहोर् रयाउनु होस्।

- **जिब्रो पछाडि तान्ने व्यायाम**
  आफ्नो जिब्रोलाई सीधा बाहिर निकालतु होस् र त्यससँग जिब्रोलाई आफूले सकेजता भित्ती चार नलिनु होस्। 2 सेकेण्डसम्म यसरी नै रख्नु होस्।
  _____ पटक दोहोर् रयाउनु होस्।

- **हाई गर्ने व्यायाम**
  हाई गरुर् त्यसै आफ्नो मुखलाई 1 सेकेण्डसम्म आफूले सकेजता पछाडि नलिनु होस्।
  _____ पटक दोहोर् रयाउनु होस्।