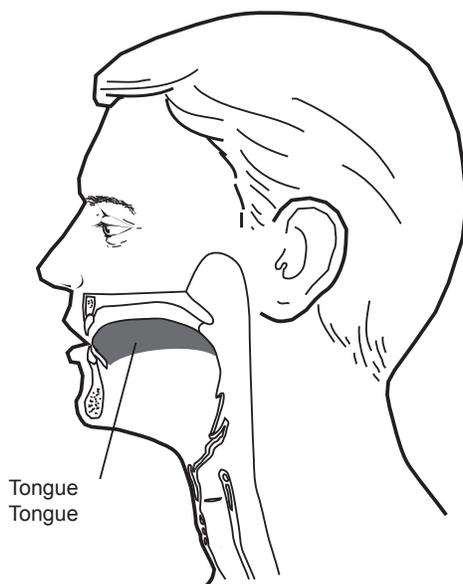


# 舌根强化练习

## 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.



舌根是施加压力帮助吞咽的关键。这些练习将强化并改善舌根的活动。这些练习能帮助有吞咽困难的人。

- 进行这些练习时不能吃东西。
- 按语言治疗师或医生的说明，每天练习\_\_\_\_\_次。

### 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.

### 练习

#### 雅子动作

将舌尖放在门牙或牙龈之间。轻轻咬住并吞咽，让舌头位于牙齿或牙龈之间。可能感觉吞咽困难，但这将强化咽喉肌肉。

重复\_\_\_\_\_次。

#### 纱布练习

将卷起的纱布放在门牙之间。轻轻咬住，并吞咽。

重复\_\_\_\_\_次。

**❑ 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.

**❑ 努力吞咽**

非常用力地挤压口腔和颈部肌肉，并吞咽唾液。

重复\_\_\_\_\_次。

**❑ 漱口练习**

尽可能将舌头伸向口腔最里面。就像用劲漱口一样，然后放松。

重复\_\_\_\_\_次。

**❑ 舌头收回**

舌头平直伸出口腔，然后尽可能将舌头伸向口腔最里面。保持2秒钟。

重复\_\_\_\_\_次。

**❑ 打哈欠**

打哈欠，嘴巴张到最大，保持1秒钟。

重复\_\_\_\_\_次。