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.

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。