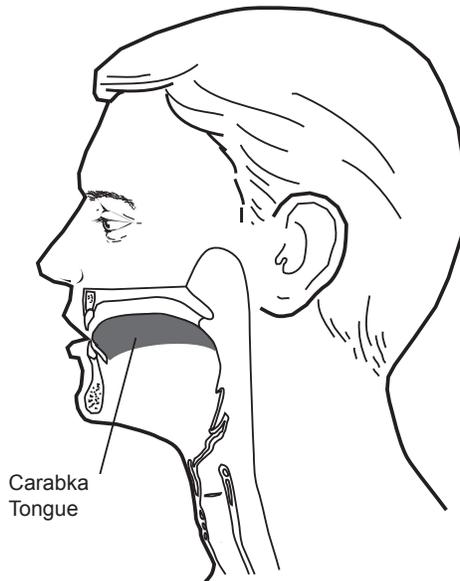


# Jimicsiga Xoojinta Goobta Carabka

## 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.



Fadhiga carabkaaga waa muhiimka lagu sameynayo cadaadiska kuugu caawinayo la qida. Jimicsiyadaan waxay xoojinayaan oo sare u qaadayaan dhaqdhaqaaqa booska carabkaaga. Jimicsiyadaan waxay ku caawin karaan qaar ka mid ah dadka qaba dhibaatooyinka la qida.

- Jimicsiyadaan caadi ahaan waa inaan lagu sameynin wax cunto ah ee afkaaga.

- Ku samey jimicsigaan \_\_\_\_\_ jeer maalin walba sida uu kuu tilmaamay daaweeyahaaga hadalka ama dhaqtarka.

### 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.

### Jimcisiga

#### Masako Maneuver

Saar fiida carabkaaga inta u dhaxeeyso ilkahaaga hore ama goosaha. Si tartiib ah u qabo oo laq, ku haynta carabkaaga inta u dhaxeeyso ilkahaaga ama goosaha. Waxay dareemi kartaa foolxumida lagu liqayo, laakin tani waxay xoojineysaa murqaha dhuuntaada.

Ku celi \_\_\_\_\_ jeer.

#### Jimicsiga Faashada

Ku meeley gabal duuban oo faashad ah inta u dhaxeeyso ilkahaaga kore. Si tartiib ah ugu qabo faashada meel oo liq.

Ku celi \_\_\_\_\_ jeer.

**☐ 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.

**☐ Dhibaatada Laqida**

Liq candhuuftaada adiga oo isugu qabanayo dhammaan afkaaga iyo murqaha qoortaada si aad u adag.

Ku celi \_\_\_\_\_ jeer.

**☐ Jimicsiga Luqluqashada**

Jiid carabkaaga sida dheer gadaasha afkaaga sida aad awoodid. Iska dhig wax aad si adag u luluqaneysid iyo kadib siidaa.

Ku celi \_\_\_\_\_ jeer.

**☐ Gadaal Ujiida Carabka**

Ku haay carabkaaga si toos ah iyo kadib u jiid gadaasha dheer ee afkaaga sida aad awoodid. Haay qiyaastii 2 ilbiriqsi.

Ku celi \_\_\_\_\_ jeer.

**☐ Hamaansiga**

Hamaansiga oo ku hay afkaaga si furan oo balacsan ee aad u awoodid oo 1 ilbiriqsi.

Ku celi \_\_\_\_\_ jeer.