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.

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

- Jimcisiyadaan caadi ahaan waa inaan lagu sameynin wax cunto ah ee afkaaga.
- Ku samey jimciscigaan _____ jeer maalin walba sida uu ku tilmaamay daaweyahaaga hadalka ama dhaqtarka.

Jimcisiga

- **Masako Maneuver**
  Saar fiida carabkaaga inta u dhaxeyso ilkahaaga hore ama goosaha. Si tartiib ah u qabo oo laq, ku haynta carabkaaga inta u dhaxeyso ilkahaaga ama goosaha. Waxay dareemi kartaa foolxumida lagu liqayo, laakin tani waxay xoojineeysaa murqaha dhuuntaada.
  Ku celi _____ jeer.

- **Jimcisiga Faashada**
  Ku meeley gabal duuban oo faashad ah inta u dhaxeyso ilkahaaga kore. Si tartiib ah ugu qabo faashada meel oo liq.
  Ku celi _____ jeer.
Tongue Base Strengthening Exercises

- **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 dheeër 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.