

# Tongue Strengthening Myo Exercises

After a tongue tie release it is important to perform tongue shaping exercises as well as allow for range of movement. Tongue shaping exercises will allow the tongue to use a variety of muscles that you have never been freely able to use; therefore attempting to coordinate the muscles to perform new movement patterns. Prior to your tongue tie release/revision your tongue has been performing the same movements, making use of only “some” of the muscles within the tongue. Here are important exercises to work both extrinsic and intrinsic muscles of the tongue so that you will have optimum coordination, strength, shape, and range of motion.

\*\*\*Choose 3 exercises from each section to practice 6x a day for 6 weeks. Alternate exercises but make sure to choose from INSIDE and OUTSIDE

## INSIDE

**-Out and Ins:** Point tongue straight out of mouth using a pointy tongue then retract to back of mouth. Do this 10x

**-Pointy fat:** Mouth wide open, curl tongue upward in the mouth as if you were going to make an “l” sound then pull tongue flat and back as if ready to make a “k” sound. Do this 10x

**-Suction:** Suction tongue to roof of mouth as if ready to release to make a “cluck” sound but don’t release. Hold the suction for 10 seconds while jaw is dropped then release suction to produce the “cluck.”

**-Cheek Poke:** While lips are pressed together, push tongue against inner left cheek hold 10 sec, then do the same for the other side. Repeat 5x each side.

**-Teeth count:** While placing your tongue on your lower back right molar, move it forward slowly and count each tooth as you make your way to the other side of the lower teeth. Then start on the left and repeat. 5x each side

**-Paint the palate:** place tongue tip just behind the upper teeth with mouth as open as you can and slide the tongue backwards while scraping the palate

## OUTSIDE

**-Wag:** With mouth wide open practice moving tongue ONLY (jaw should remain still) slowly (and controlled) to left outside corner of lips to right outside corner of lips. 10x

**- Lick Around:** Practice licking substances (ice cream, fluff, pudding, etc.) off of the upper lip circling around from right to left and continuing over the lower lip to return to start. Repeat 5x each way

**- Lick ups:** Practice licking an ice cream cone (or removing a ball of ice cream/peanut butter/ Nutella from the round part of the spoon) using your tongue tip in an upward motion. Try not to involve the head in this movement.

## INFANTS:

-Practice rooting skills with your baby by outlining your child’s lips with a fingertip around the entirety of the lips. Do this when the baby isn’t so hungry that they get frustrated and go into panic mode. These may be delayed until after the meal. The functional mobility along with the breast and or bottle feeding session will help improve strength and mobility of the tongue.

--Tongue Pointing: Place your finger pad on the baby’s bottom lip and gently tap and stroke downwards toward the jaw until you see the baby respond ( you see your baby’s tongue come outward and move down). Pause for several seconds, then repeat 3-4 more times.

-Side to Side: Place your finger pad on the middle of the bottom gum area and slide your finger toward back right side then return to middle and slide your finger to the back left( this =1

exercise), do this 3x slowly. Observe the baby's tongue attempting to lateralize and follow your finger.

-Tongue Groove: Stimulating the sides of the tongue to rise up creating a groove down the middle of the tongue. Place your pointer finger with the finger pad facing to the roof of the mouth and allow your baby to suck on your finger. Encourage this muscle by playing a gentle " tug-of-war" , pulling your finger a little then letting your baby suck.

-Flange: Use the same motion as the previous exercise, however, as your baby is sucking, gently free the curled under-upper lip with your other hand, curling the lip up and out with your finger pad.