

Myofunctional Therapy 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 many muscles of the tongue so that you will have better coordination, strength, shape, and range of motion.

***Choose 3 exercises from each section to practice 6 times 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 10 times

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 10 times

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 and hold for 10 seconds, then do the same for the other side. Repeat 5 times on 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. 5 times 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. Practice this exercise 10 times

Lick Around: Practice licking something (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 5 times 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.