

Oral myofunctional exercises protocol

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Session 1:

- a. Tongue resting position- do the "N" sound or place the tip of your tongue on the soft tissue right behind the maxillary incisors. Close the lips and try to lift the rest of the tongue up towards the palate, keeping the tip of the tongue on the "spot".
- b. Light breathing — practice a still and quiet diaphragmatic breathing in and out through the nose, lying down on a yoga mat on your back with the chin perpendicular to the floor. Also practice this light breathing in a seating and a standing straight postures. Practice for at least 2 minutes.
- c. Motorboats- while breathing gently in and out through the nose, after a breathe out make a motorboat sound (raspberries). Repeat 30 motorboats.

Session 2:

- a. Tongue clicks- with your mouth slightly open, place the tip of the tongue on the spot, suction the center of the tongue up towards the roof of the mouth and let it drop making a click sound. Try to make 30 consecutive loud clicks while keeping your jaw as still as possible.
- b. Tongue stretches- place the tip of the tongue on the "n" spot, suction the center of the tongue up towards the roof of the mouth as if starting a tongue click and then open your mouth as much as you can without losing the suction for 20 seconds keeping facial muscles relax. Repeat 5 times.
- c. Continue session 1 practice.

Session 3:

- a. Tongue tip-ups- open wide your mouth and find the "n" spot. Suction the center of the tongue up towards the roof of your mouth for two seconds, then let the center of the tongue fall down for another two seconds without letting the tip move from the "n" spot. Repeat 20 times.
- b. Thin floating tongue- open wide your mouth and find the "n" spot. While your mouth stays open, let the tip of the tongue fall from the "n" spot. Keep the tongue thin "floating" between your upper and lower teeth. Do not let the tongue to touch the teeth or lips. Try to hold it there for 30 seconds then close your mouth to rest for 10 seconds keeping the correct tongue position. Repeat 5 times.
- c. Continue session 1 practice.

Session 4:

- a. Thin /wide tongue- start the exercise as in the thin floating tongue holding it for two seconds, then relax the tongue so that it looks wide. Keep the tongue floating between your teeth and lips while doing the repetitions. Repeat 10 times.
- b. Swallowing saliva- swallow saliva keeping the tongue tip on the spot and teeth and lips together, pushing up the tongue towards the palate. There should not be facial muscles movements. Repeat 5 times
- c. Continue light breathing.

Session 5:

- a. Lip pops- press the lips together between the teeth and then release them making a loud pop sound. Do 30 consecutive lip pops.
- b. Kisses and smiles- with your back teeth lightly together and the tip of the tongue on the "n" spot pucker your lips as if throwing a kiss and then make a grin. Repeat 20 times.
- c. Balloons- fill up the lips and cheeks with air and move the air up and down, and right and left. Repeat 10 times. Do not hold the breath!
- d. Continue light breathing.

Session 6:

- a. Drinking water- drink 4 oz of water taking one sip at a time from the cup and swallow it, keeping the tip of the tongue on the spot, teeth and lips together.
- b. Continue tongue and lip exercises as needed.
- c. Continue light breathing.

Session 7:

- a. Grin swallow- with the tongue on the spot slurp saliva or spray some water in the mouth with lips apart as if making a grin. Swallow without letting the tip of the tongue move from the spot.
- b. Continue any tongue and lip exercises as needed.
- c. Continue light breathing.

Session 8:

- a. Chewing exercise- use bite size crunchy snacks for this exercise (like carrot pieces or crackers). Place the piece of food on the tongue without sticking the tongue out of the mouth. Then start chewing about half of the food with the teeth of one side of the mouth and then transfer the rest of the food over the surface of the tongue to the other side. Try to not let the food move to the cheeks.

Continue swallowing exercises as needed.

Continue light breathing.