

# **Excellent Oral Motor and Pharyngeal Swallow Exercises for Adult and Pediatric Population.**

The following exercises are designed to increase the strength and range of motion of oral and pharyngeal musculature. When performed under the direction of a licensed Speech-language Pathologist, improved speech production and swallowing function may occur. If pain or discomfort is experienced, stop and discuss this with your therapist or physician.

Practice the following Oral Motor and Pharyngeal Swallow Exercises as *Directed* by your Speech-language Pathologist.

## **Lip Exercises**

### 1) Lip Retraction

Smile and hold for 5 seconds, repeat 10 times.

### 2) Lip Protrusion

Pucker your lips as if to give someone a kiss, hold for 5 seconds, repeat 10 times.

### 3) Lip Retraction and Protrusion

Using over-exaggerated movements, smile and pucker your lips 10 times.

### 4) Lip Press

Press lips tightly together for 5 seconds, relax and repeat 10 times.

### 5) Lip Press Using Tongue Depressor

Tightly close upper and lower lip around tongue depressor, resist the clinician's attempt to remove it for 5 seconds, clinician and client repeat 10 times.

### 6) Advance Lip Press Using Tongue Depressor

Stack 3 tongue depressors one atop the other to form a base, place a fourth and fifth tongue depressor on top and bottom of base stack but extended out such that they are bendable downward and upward, have the client press extended tongue depressors together 10 times, alter level of difficulty by moving the upper and lower tongue depressors closer to base stack.

### 7) Puff Cheeks

Fill cheeks with air, move air from one cheek to the other for 10 seconds, repeat 10 times.

## Tongue Exercises

### 1) Tongue Extension

Extend tongue between lips and out of mouth as far as possible, hold in place for 5 seconds, repeat 10 times. *For pediatric clients or adults with cognitive impairments, a lollipop may be used for motivational purposes. Clients should be supervised closely.*

### 2) Tongue Retraction

Retract tongue so that the back of the tongue touches the roof of mouth as occurs during /k/ production, hold for 5 seconds, repeat 10 times.

### 3) Tongue Extension and Retraction

Combine Tongue Extension and Tongue Retraction (1 and 2) from above; hold each position for 5 seconds, repeat 10 times.

### 1) Tongue Side to Side

Move tongue out of mouth, rotate tongue tip to left side of mouth, hold for 5 seconds, then to right side of mouth, hold for 5 seconds, repeat 10 times.

### 2) Tongue Push Forward

Open mouth and move tongue such that tongue tip rests on lower lip, clinician to place tongue depressor atop tongue and hold in fixed position, client attempts to move tongue depressor forward, hold for 5 seconds, repeat 10 times.

### 3) Tongue Push Up

Extend tongue out of mouth, clinician to place tongue depressor atop tongue and apply downward resistance, client attempts to move tongue depressor upward, hold for 5 seconds, repeat 10 times.

### 4) Tongue Push Side to Side

Extend tongue out of mouth as far as possible, clinician to use a tongue depressor or and ARK oro-Navigator to apply lateral resistance, client attempts to move tongue against the object and toward the corner of mouth, hold for 5 seconds, repeat 10 times.

## **Jaw Exercises**

### 1) Jaw Opening

Open your jaw as wide as possible until you feel a stretching sensation, but no pain, hold this position for 5 seconds and then relax, repeat 10 times.

### 2) Jaw Side-to-Side Movement

Move your jaw to the right side as far as you can until you feel a stretching sensation, but no pain, hold for 5 seconds and relax, rotate to the left in the same manner, repeat 10 times.

### 3) Jaw in Circular Movement

Rotate jaw in a circular motion until wide enough to feel a stretching sensation but no pain, complete a full circle and relax, repeat 10 times.

### 4) Chewing Exercises

Use a Chewy Tube or ARK Grabber and have client practice chewing from right side of mouth to left, emphasize the affected side if client has suffered a CVA, practice for increasing increments of time based on client's endurance. *Client should be supervised closely.*

## **Pharyngeal Swallow Exercises**

### 1) Shaker Exercise

Client to be lying flat on back, clinician to hold palm of hand four inches above client's forehead, client to lift head toward clinician's palm without moving shoulders, repeat 10 times.

### 2) Isometric Neck Exercises

Client to be sitting upright in chair, clinician place left hand on client's upper chest and right hand to back on head, client to be direct to push against clinician's hand, hold 5 seconds, repeat 10 times. Then rotate so that clinician's right hand is on client's upper back, and clinician's left hand is on client's forehead, direct client to push against clinician's hand, hold for 5 seconds, repeat 10 times.

### 3) Hyoid Lift Technique

Client cuts 10 quarter size pieces of regular stock paper, place paper circles on slanted towel, direct client to move straw to roughly  $\frac{1}{4}$  inch above paper circles, have client suck such that the paper lifts to the end of straw, hold in place and release above a cup placed in close proximity, repeat 10 times. *Clinician may increase the level of difficulty by using a thicker stock such as poster board paper.*