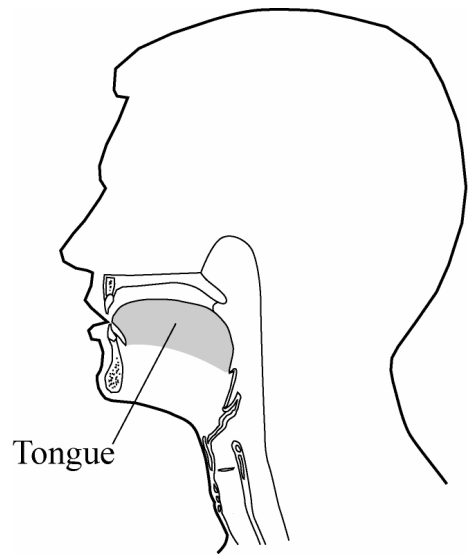


Tongue Base Strengthening Exercises

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.
- Relax and then repeat each exercise 5 times.



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.

More on next page →

Learn more about your health care.

Gauze Exercise

Place a rolled piece of gauze between your front teeth. Gently hold the gauze in place and swallow.

Effortful Swallow

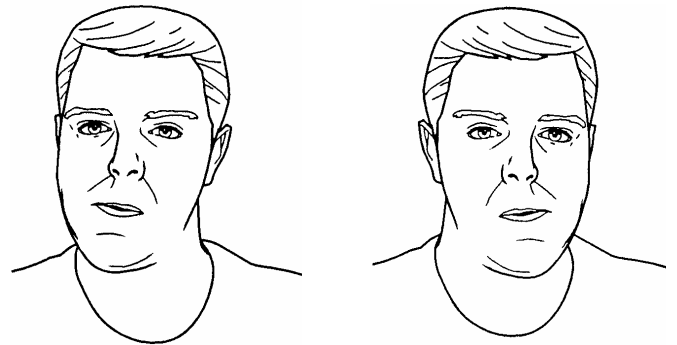
Swallow your saliva while you squeeze all of your mouth and neck muscles very hard.

Gargle Exercise

Pull your tongue as far back in your mouth as you can. Pretend to gargle hard and then release.

Tongue-in-Cheek Push

Push your tongue against the inside of your right cheek and hold for 2 seconds. Then push your tongue against the inside of your left cheek and hold for 2 seconds.



Tongue Protrusion

Stick your tongue straight out and then pull it as far back in your mouth as you can. Hold for 2 seconds.

Mouth Sweep

Lick around the inside of your mouth with your tongue. Keep your mouth closed but push as hard as you can without opening your mouth.



☐ Velar Production

Say “guh” or “kuh” with a strong, exaggerated movement.

☐ Yawn

Yawn and hold your mouth open as wide as you can for 1 second.

- **Talk to your doctor or others on your health care team if you have questions. You may request more written information from the Library for Health Information at (614) 293-3707 or email: health-info@osu.edu.**