

# SWALLOWING EXERCISES

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## TONGUE

- Stick your tongue out as far as you can. Hold to the count of 10. Pull it back in your mouth (while keeping it flat) as far as you can. Hold to the count of 10. Repeat 10 times.
- Using your tongue tip, press the roof of your mouth, just behind your teeth, as hard as you can. Now sweep your tongue against the roof of your mouth toward the back. Try to press while you sweep. Repeat 10 times.
- Close your mouth. Place your tongue behind your front teeth and push as hard as you can. Hold for 10 seconds. Repeat 10 times.
- Hold a tongue depressor or spoon up to your mouth. Press against it with your tongue as hard as you can. Hold for ten seconds. Repeat 10 times.
- Now place the spoon to the right side of your mouth and push against it. Hold for 10 seconds. Repeat 10 times. Place the spoon to the left side of your mouth, repeat. 10 times.
- Agility and precision exercise: Repeat these words 5x each:
  - Key cut kind go good gum**
  - Keep car comb gas game guess**
  - Cold call catch give gift girl**
  - Cookie cutter**
  - Coca-cola**
  - Kitty cat**
  - Garbage can**

## THROAT

- Put your tongue between your teeth. Hold your tongue in place and swallow. Be sure not to try to eat or drink anything while you are doing this exercise. Repeat 10 times.
- Place your hand against your forehead and push against your hand. Hold for 10 seconds. Repeat 10 times.
- Place your hand against the side of your head and push against your hand. Hold for 10 seconds. Repeat 10 times. Now do the other side. Repeat 10 times.
- Lay flat on your back and raise your head up to look at your feet. Hold for 10 seconds. Repeat 10 times. \*\*\*wait at least one hour after tube feeding.