

# Oromotor Exercises (Lips)

## Lip Exercises

### Jaw Stretching

1. Open your mouth as wide as you can.
2. Feel the stretch on the side of your lips and jaw.
3. Hold this for \_\_\_\_\_ seconds.
4. Do this \_\_\_\_\_ times.



### Lip Closure

1. Press your lips firmly together.
2. Feel the pressure on your lips.
3. Hold this for \_\_\_\_\_ seconds.
4. Do this \_\_\_\_\_ times.



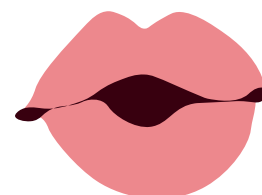
### Lip Retraction

1. Stretch your lips into a wide smile.
2. Feel the stretch at the side of your lips.
3. Hold this for \_\_\_\_\_ seconds.
4. Do this \_\_\_\_\_ times.



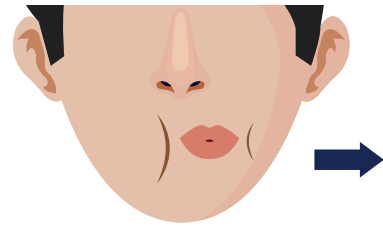
### Lip Protrusion

1. Round your lips like you are blowing a candle.
2. Feel the stretch around your lips.
3. Hold this for \_\_\_\_\_ seconds.
4. Do this \_\_\_\_\_ times.



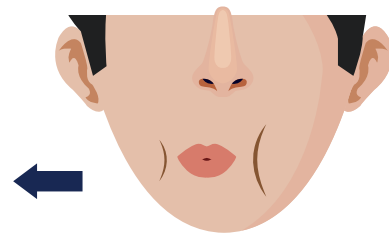
### Lip Lateralisation (Left)

1. Slant your mouth/stretch your lips to the left as far as you can.
2. Feel the pressure on the right side of your lips.
3. Hold this for \_\_\_\_\_ seconds.
4. Do this \_\_\_\_\_ times.



### Lip Lateralisation (Right)

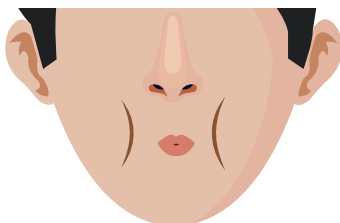
1. Slant your mouth/stretch your lips to the right as far as you can.
2. Feel the pressure on the left side of your lips.
3. Hold this for \_\_\_\_\_ seconds.
4. Do this \_\_\_\_\_ times.



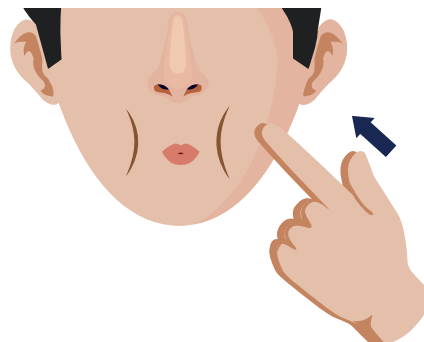
### Cheek Puffing

1. Puff up your cheeks with air. Remember to close your lips tightly as you do this.
2. Push your cheeks with your hands to ensure air does not escape from your lips.
3. Hold this for \_\_\_\_\_ seconds.
4. Do this \_\_\_\_\_ times.

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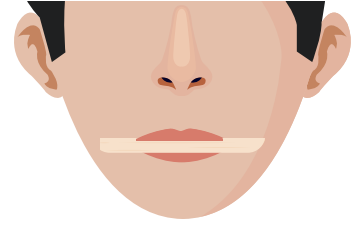


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## Lip Closure with Tongue Depressor

1. Place a tongue depressor in between your lips horizontally and keep it in position.
2. Do not bite down on the tongue depressor with your teeth or jaw.
3. Hold this with your lips for \_\_\_\_\_ seconds.
4. Do this \_\_\_\_\_ times.



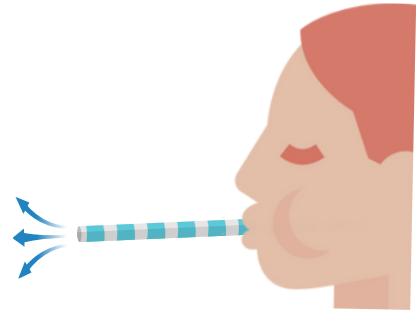
## Lip Closure with Tongue Depressor (Left / Right)

1. Place a tongue depressor in between the corner of your left/right lips and keep it in position.
2. Do not bite down on the tongue depressor with your teeth or jaw.
3. Hold this with your lips for \_\_\_\_\_ seconds.
4. Do this \_\_\_\_\_ times.



## Blowing Through a Straw

1. Put a straw into the centre of your mouth.
2. Try to keep it at a horizontal or slightly tilted up position.
3. Blow out through the straw.
4. Repeat this with the straw positioned on the weaker side of your mouth.
5. Hold this for \_\_\_\_\_ seconds.
6. Do this \_\_\_\_\_ times.



Contributed by Speech Therapy, Rehabilitation, Allied Health Services

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