

Oromotor Exercises (Tongue)

Tongue Exercises

Tongue Protrusion

1. Stick out your tongue as far as you can.
2. Hold this for _____ seconds.
3. Do this _____ times.



Tongue Protrusion against Resistance

1. Stick out your tongue as far as you can.
2. Place a spoon against your tongue.
3. Push your tongue against the spoon.
4. Hold this for _____ seconds.
5. Do this _____ times.



Tongue Lateralization

1. Stick out your tongue as far as you can to the left. Hold this for _____ seconds.
2. Stick out your tongue as far as you can to the right. Hold this for _____ seconds.
3. Do this _____ times for each side.



(Left)



(Right)

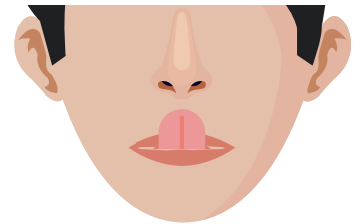
Tongue Lateralization against Resistance

1. Stick out your tongue to the left/right.
2. Place a spoon against your tongue.
3. Push your tongue to the left/right against the spoon.
4. Hold this for _____ seconds.
5. Do this _____ times.



Tongue Elevation

1. Stick out your tongue and point it upwards as far as you can.
2. Hold this for _____ seconds.
3. Do this _____ times.



Tongue Rotation

1. Stick out your tongue and move it around your lips in a clockwise direction and then in a counter-clockwise direction.
2. Do this _____ times.



Contributed by Speech Therapy, Rehabilitation, Allied Health Services

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