

Myofunctional Exercises

Week 4 - Purpose: Back of tongue strength

Exercise	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
K swallows 6x each 3 finger measure							
Chop chew chin chap chain Jam jeep jerry jet joke Each peach reach teach much 10x							
Deep nasal breathing (inhale stomach out-exhale stomach in) 5 minutes							
Caves 10 count hold 5x							
2 elastic swallow 12x Bite, lips open							
Perfect Chew							
Marshmallow twist 3 x							
Button pull 40x							

Myofunctional Exercises

Week 5 & 6 - Purpose: Tongue strength

The weeks 5 & 6 allow one to continue to practice strengthening the back of the tongue while targeting coordination during swallows. Remember, a good swallow is with a tongue that goes backward (does not thrust forward).

Exercise	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
K swallows 6x each 3 finger measure							
Chop chew chin chap chain Jam jeep jerry jet joke Each peach reach teach much 10x							
Deep nasal breathing (inhale stomach out-exhale stomach in) 5 minutes							
Caves 10 count hold 5x							
2 elastic swallow 12x Bite, lips open							
Perfect Chew							
Marshmallow twist 3 x							
Button pull 40x							

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And Two additional exercises:

1. Sip liquid swallow: Same type of swallow as week 4 but you do it during a swallow of liquid (all liquids anytime you sip water/liquid but at least 20 times throughout the day).

- **Lips open, bite teeth, swallow.**

2. Cracker swallow: Practice the 'perfect chew', but in one sitting.

- **eat a cracker or something that allows you to chew 15 times each side, then swallow.**

Week 6: Repeat week 5 exercises