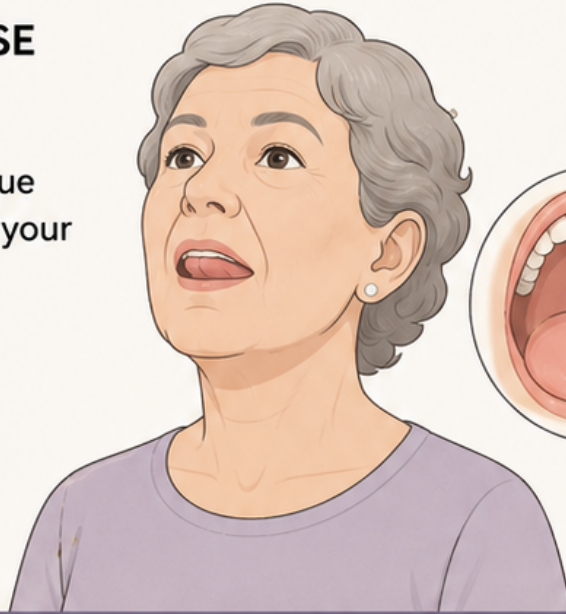


TONGUE PRESS

TONGUE PRESS EXERCISE

- 1 Sit up tall.
- 2 Press the tip of your tongue firmly against the roof of your mouth just behind your front teeth.
- 3 Press as hard as you comfortably can.
- 4 Hold for 3–5 seconds.
- 5 Relax and repeat.



≡ TRY TO DO THIS 10 TIMES! ≡

WHY?

THIS EXERCISE STRENGTHENS YOUR TONGUE MUSCLES TO HELP MOVE FOOD AND LIQUIDS SAFELY THROUGH YOUR MOUTH AND INTO YOUR THROAT WHEN YOU SWALLOW.

BENEFITS

-  Improves tongue strength.
-  Helps move food and liquids through your mouth more efficiently.
-  Reduces food left in the mouth after swallowing.
-  Improves control of liquids.
-  Supports safer swallowing and reduces the risk of choking.
-  May improve swallowing endurance during meals.

♥ Practice every day to help your swallow get stronger!