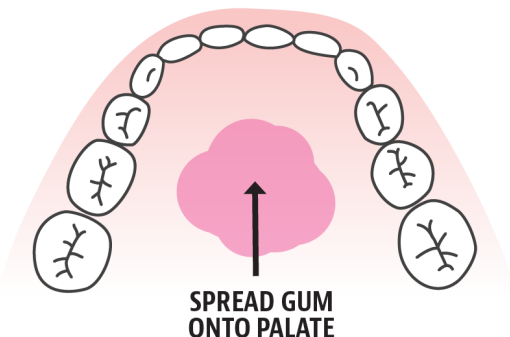


TONGUE EXERCISES

TONGUE EXERCISES (WITH CHEWING GUM)



PRACTICE THE FOLLOWING EXERCISES FOR ONE HOUR A DAY, EVERYDAY

1. Close the lips and chew gum using both sides of your teeth.
2. Spread chewing gum on the top of your palate using your tongue.
3. Swallow saliva while keeping the gum on your palate and biting down on your back teeth.

REMEMBER: Perform these exercises using sugarfree gum only! We recommend gum sweetened with xylitol.

TONGUE EXERCISES (WITHOUT CHEWING GUM)

While looking in the mirror, touch your tongue to the top of your palate and perform the following exercises:

1. CLICK
2. SQUEEZE TEETH TOGETHER
3. SLURP
4. SWALLOW

REMEMBER: Do each exercise 10 times before every meal and at bedtime.

WHY IS MY TONGUE IMPORTANT?

Your tongue works with your cheeks & lips to create a natural balance of force against your teeth. This force keeps your teeth and arch in proper alignment.

When an abnormal swallowing pattern is present, your tongue applies too much pressure against and between your teeth. This can lead to improper alignment of the teeth and arch, periodontal disease and speech disorders.

WHAT ARE TONGUE EXERCISES?

Tongue exercises will help you correct an abnormal swallowing pattern. These exercises are designed to promote awareness of the problem and improve tongue strength and coordination. Through repetition of these exercises, you will learn the correct swallowing pattern.



BEFORE

Teeth before tongue exercises.



AFTER

Teeth after tongue exercises.



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