

# UC DAVIS HEALTH SYSTEM

## Speech Pathology Daily Exercise Routine

Exercises to improve your ability to speak, eat, and drink.  
Selected exercises should be repeated 3-4 times (5-10 times a day)  
Stop before you reach your pain threshold.  
Avoid fatigue

### **Tongue Range of Motion and Strengthening Exercises**

1. Outward and downward/upward tongue stretches –stretch the tongue straight out and try to touch your nose, and then try to touch your chin with the tongue.
2. Side to side tongue stretches – move the tongue back and forth to corners of lips
3. Cheek and teeth sweeps – try to touch every tooth with your tongue tip/try to make complete circles inside each cheek.
4. Put your tongue in cheek and push against your finger, and then switch to the other side.
5. /T/, /D/ these sounds are made when your TONGUE TIP pushes against the top of your mouth behind the front teeth. Push up hard and HOLD THE PUSH then release to make the sound.  
/K/, /G/ these sounds are made when your BACK TONGUE humps up to touch the top of your mouth. Push up hard and HOLD THE PUSH position and then release to make the sound.
6. “hawking” sound – make this sound and try to spit. You are exercising the base of the tongue!

### **Tongue Retraction Exercises**

1. Stick your tongue out, push against your finger and try to push your tongue back as you try to push your tongue out.
2. Using gauze or a cloth, Grasp your tongue tip and hold tongue tip. Try to pull your tongue away as you hold it tightly.

**Call ENT Speech Pathology 916-734-5400**