



PATIENT INFORMATION

Soft palate and tongue exercises

Why do Soft Palate and Tongue Exercises?



The soft palate is in the roof of the mouth. Exercising the palate, i.e. by raising and lowering it, may increase the tone in the muscle, thereby increasing stiffness.

Similarly tongue exercises increase muscle tone thereby decreasing extent of its collapse and in turn improving the airway.

There are a number of exercises, which are designed to strengthen your palate and tongue. These are described in this booklet.

Strengthening the soft palate and the tongue is likely to improve snoring and, breathing during sleep.

How often should I do these Exercise's?

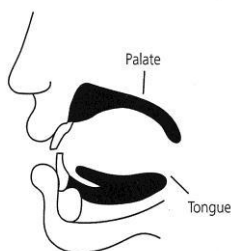


Perform each exercise 5 to 10 times, resting between movements.

These should be performed 5 times daily, unless otherwise specified

These exercises may be best practised in a relaxed environment

More tongue workouts



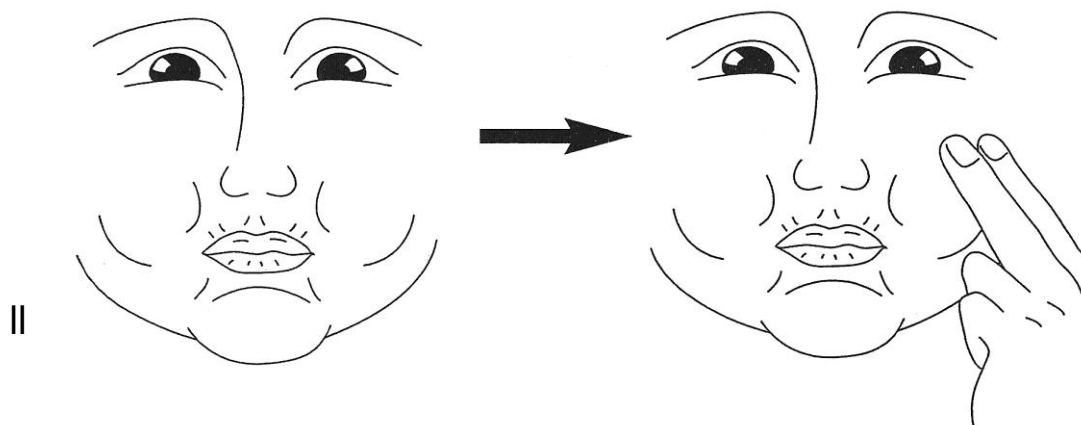
Lightly anchor your tongue between your teeth. Swallow x 5. Repeat 5 times a day.

Lightly anchor your tongue between your teeth. Talk with someone, who must answer you, with their tongue still.

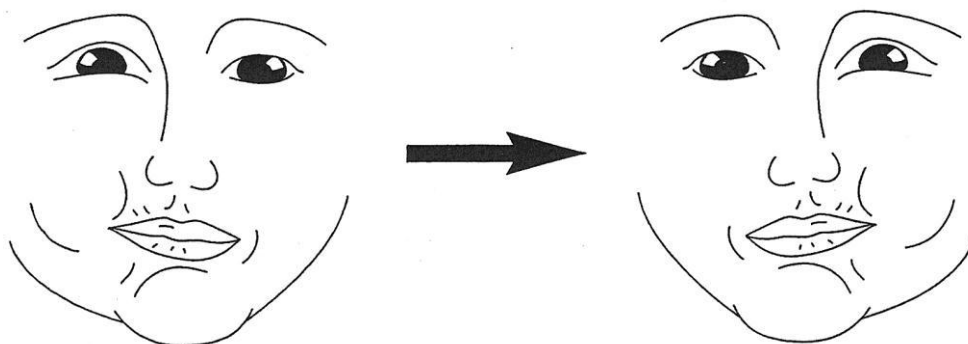
Soft palate exercises

Exercise 1

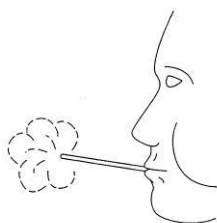
1. Yawn
2. Puff out your cheeks with air; continue to breathe in and out of your nose.



Try yourself, or get someone else, to press a finger against your inflated cheeks. Remember to keep your lips firmly together. Do not allow the air to escape through your mouth or nose. Hold for 10 seconds.



4. Blow out through a straw



5. Blow out through a straw with your finger or someone else's, over the end. Keep the air in the straw for 5 to 10 second.

6. Suck a small amount of liquid up through a straw and transfer it to another container, without losing any.

7. For this exercise it is important that the order of the sequence of movements is maintained.

- Hum, keeping the lips together
- Stop Humming
- Puff out your cheeks with air
- Say 'p' as you release the air through your lips.

Exercise 2

Now using a spoon



Place spoon on the palate, behind the front teeth

Press the back of the tongue against the edge of the spoon

Push the edge of the spoon down against the back dorsum of the tongue for 3 seconds

Repeat 5 times

Exercise 3

- Place spoon on the palate, behind the front teeth
- Press and maintain elevation of the top surface of the tongue against textured form as long as possible and record number seconds of elevation of the tongue
- Repeat the elevation until the patient experiences fatigue
- Record the number of repetitions until the patient experiences fatigue or for approx 5 minutes.

Suggested Exercise

- Place spoon on the palate, behind the front teeth
- Elevate the back of the tongue until it touches the edge of the spoon
- Press the back of the tongue in place for 3 seconds then relax
- Repeat 5 times

Tongue exercises

1. Gargling for 5 minutes. Twice daily.
2. Run your tongue round the inside of your mouth, push it between your lips, up round the outside of your teeth, over the roof of your mouth and down on the base of your mouth. Do this for 10 seconds.

Say lah lah lah lah lah lah lahat an easy speed. Do this 5 times, feeling the tip of your tongue curl up to touch just behind your top teeth.

Then do the same for some back of tongue sounds:

kuh kee kah – kuh kee kah - kuh kee kah
guh gee gah - guh gee gah - guh gee gah
kuh tah kah – kuh tah kah - kuh tah kah
kuh guh kee – kuh guh kee – kuh guh kee

Do these 5 times.

Now put some of these together

3. Practise saying 'ssss' without allowing any air to come out through your nose.
4. .Make five 'ah' sounds. Pause between each 'ah'.
5. Make the following sounds, pausing between:

a.....p	a.....p	a.....p
a.....b	a.....b	a.....b
a.....m	a.....m	a.....m
a.....n	a.....n	a.....n

Gradually put the two sounds together, with no pause between.

6. Make the following sounds, pausing in between:

ma.....pa	ma.....pa	ma.....pa
ma.....ba	ma.....ba	ma.....ba
na.....ta	na.....ta	na.....ta
na.....da	na.....da	na.....da
ka.....ing	ka.....ing	ka.....ing
ga.....ing	ga.....ing	ga.....ing

Gradually put the two sounds together, with no pause between.

7. Make the following sounds, pausing in between:

m.....ba m.....ba m.....ba

n.....da n.....da n.....da

n.....ga n.....ga n.....ga

Gradually put the two sounds together, with no pause between.

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