



## **Speech For Success**

### **Pre and Post Operative Exercises**

#### **Purpose:**

The goal in completing these exercises is to Develop new muscle movements, particularly those involving tongue-tip elevation and protrusion, inside and outside of the mouth, as well as avoiding reattachment post surgery.

#### **The exercises must be individualized:**

Make sure you discuss the exercises with your/ your child's myofunctional therapist or speech-language pathologist before completing them as they may not be suitable for your child. The SLP will modify them according to your child's age and requirements.

#### **Completion:**

Encourage oral play generally, and do a selection of the following exercises, in any order, in 3 to 5 minute bursts, once or twice daily for 3 or 4 weeks post-operatively. Have a hand-mirror handy. Make it fun.

## Exercises

1. Open your mouth widely. Touch your big front teeth with your tongue with your mouth still open. Feel how tough those teeth are!
2. Look in the mirror. Still with your mouth open wide, say dar-dar-dar, now say nar-nar-nar, now say tar-tar. Look in the mirror to see what your tongue is doing. Can you FEEL where it is? (This is excellent for lingual retraction and protrusion)
3. Stretch your tongue up towards your nose, then down towards your chin. Repeat x 10
4. You can vary the previous exercise above and make it more interesting by putting a dab of food in various positions above the top lip, to be retrieved with the tongue tip. (We often use peanut butter, pudding or something a little more sticky).
5. Can you go in-out-in-out-in-out with your tongue? (demonstrate to child or use a mirror)
6. Play your own version of copycat,, Simon Says or Follow the Leader incorporating the preceding movements.
7. Lick your whole top lip from one side to the other, now go back the other way.
8. Lick your whole bottom lip from one side to the other, go back the other way.

Please make sure to continue these exercises for 3-4 weeks post surgery. Start these right away and follow up with your speech therapist immediately to ensure you are completing these correctly.

We look forward to helping you on this journey!