



Dr Musani's Tongue Tie Center

The following exercises need to be done 4 times a day

- **PAINT THE ROOF** : Raise the tongue and scrape back and forth.
Repeat 25 times
- **SNAKE EXERCISE** : Make a point with your tongue, extend the pointed tongue out of your mouth and pull it back in. Make sure the tip of your tongue does not touch the lips. Repeat 25 times.
- **LATERALISATION / TOUCH THE THREE SPOTS** : Move the tip of your tongue from side to side, left, right and spot on the palate. Touch the spot on the palate with the tip of your tongue. Continue to move the tongue left and right and return it to the spot on the palate. Repeat 10 times.
- **GUMBALL / JAW BREAKER** : With lips closed point the tongue into your left cheek. It should look like a jaw breaker in the side of your cheek. Hold for 10 seconds. Now move it to the right and hold for 10 seconds. Repeat 10 times.
- **CLICKING NOISES**: Touch the tongue to the roof of the palate and produce clicking sounds. Repeat 25 times
- **PENCIL PULL** : Hold the pencil across the front portion of your teeth. Direct the tongue over the pencil with the tip curling down. Hold for 5 seconds. Direct the tongue under the pencil with the tip curling up. Hold for 5 seconds. Repeat 5 times.
- **SPOON HOLD** : Stick your tongue out and make a point. Push a spoon against your pointy tongue. Resist your tongue for a count of 5.
- **WINDSHIELD WIPER** : Lick the top and the bottom lip like a windshield wiper. Repeat 10 times.

THESE EXERCISES IN ADDITION TO MANUALLY STRETCHING THE WOUND WILL HELP YOUR CHILD.

KEEP THE TONGUE MOVING.

REPEAT ALL EXERCISES 4 TIMES A DAY.