

LINGUAL PRE/POST FRENECTOMY EXERCISES



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After a tongue tie release it is important to perform tongue shaping exercises and to provide full range of movement. Tongue shaping exercises will allow the tongue to use a variety of muscles that you have never been freely able to use; therefore, attempting to coordinate the muscles to perform new movement patterns. Prior to your tongue tie release/revision your tongue has been performing the same movement, making use of only "some" of the muscles within the tongue. An Orofacial Myofunctional Therapist (OMT) can help teach you how to re-pattern the muscles of your tongue and provide you with proper guidance based on your individual needs. These are a few exercises to get you started.



Below are important exercises to work both extrinsic and intrinsic muscles of the tongue so that you will have optimal coordination, strength, shape and range of motion!

Diving Board: (Do this 10X) Point tongue straight out of mouth using a pointy tongue then retract to back of mouth.

Suction: Suction tongue to roof of mouth as if ready to release to make a "click" sound but don't release. Hold the suction for 10 seconds while jaw is dropped then release suction to produce the "click".

Cheek Poke: (Repeat 5X each side) While lips are pressed together, push tongue against inner left cheek hold for 10 seconds, then do the same for the other side

Lick Around: (Do this 5X) Practice licking substance (ice cream, fluff pudding, etc.) off of upper lip circling around from right to left and continuing over the lower lip to return to start. Go Slow!



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