Tongue exercises

Why do I need these exercises?

You may have reduced movement in your tongue. This can cause difficulties with eating or speaking. These exercises can help your tongue movement. Using a mirror can be helpful.

How do I carry out the exercises?
Repeat each exercise ___________ times

- Stick out your tongue. Hold for five seconds.

- Move your tongue to the left of your mouth. Hold for five seconds.
- Move your **tongue** to the **right** of your mouth. **Hold** for five seconds.

- Stick your **tongue down** to your chin. **Hold** for five seconds.

- Stick your **tongue out up** to your nose. **Hold** for five seconds.
- **Lick** your lips in a **clockwise** direction.

- **Lick** your lips in an **anti-clockwise** direction.
• Push your **tongue into** your **right cheek.** **Hold** for five seconds.

![Image of tongue in right cheek]

• Push your **tongue into** your **left cheek.** **Hold** for five seconds.

![Image of tongue in left cheek]
• Hold a toothbrush in front of your mouth. **Stick out your tongue** and **push against** the **toothbrush**. **Hold** for five seconds.

![Tongue exercise](image1)

• **Stick out your tongue** to the **left** and **push against** the **toothbrush**. **Hold** for five seconds.

![Tongue exercise](image2)
- Stick out your tongue to the right and push against the toothbrush. Hold for five seconds.

When should I do these exercises?

It is best to practice these exercises on a regular basis for short periods of time.

Please practice these exercises ____________ times a day.

We are a smoke-free site: smoking will not be allowed anywhere on the hospital site. For advice and support in quitting, contact your GP or the free NHS stop smoking helpline on 0800 169 0 169.

Other formats:

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