

Tongue Press Exercise

Speech and Language Therapy

Aintree Site

Lower Lane, L9 7AL Tel: 0151-525-5980

Royal Site

Prescot Street, L7 8XP

Broadgreen Site

Thomas Drive, L14 3LB

Royal & Broadgreen Tel: 0151-706-2000

What is the tongue press exercise?

This is a movement that exercises the tongue.

Who will benefit from these exercises?

This exercise will benefit people who have tongue weakness. It will also help people who have difficulties with swallowing.

How does it help?

This exercise will help to strengthen the tongue muscles by pushing against an opposing force (the roof of the mouth).

Instructions:

Place the tip of the tongue against the roof of the mouth.



Use the muscles in the tongue to press hard against the roof of the mouth.

Hold this position for 5 seconds then relax.

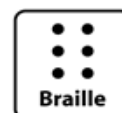
How often should I complete this exercise?

You should complete 10 repetitions of this exercise.

Your Speech and Language Therapist will advise you how many times a day you should complete this exercise.

If I have any queries who do I ask?

Please telephone the Speech and Language Therapy Department.



If you require a special edition of this leaflet

This leaflet is available in large print, Braille, on audio tape or disk and in other languages on request. Please contact:

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