

# Liverpool University Hospitals

NHS Foundation Trust

Speech and Language Therapy

**Aintree Site**

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**Royal Site**

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**Broadgreen Site**

Thomas Drive, L14 3LB

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# Tongue Exercises (for Dysarthria)

## What is an isometric exercise?

Isometric exercises are a type of strength training. You use your muscles to push against an immovable force.

They are a very effective technique for increasing muscle strength.

## Who will benefit from these exercises?

This exercise will benefit people with a weakness in the tongue.

## How does it help?

It helps to strengthen muscles by working against resistance.

## Instructions:

1. Stick your tongue straight out in front of you.

Stay in this position.

2. Press a spoon against your tongue tip towards your face.

3. Push against the spoon with your tongue tip with as much force as you can.

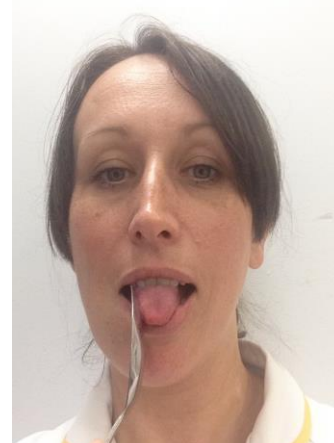
Hold for a count of 5.



4. Now push the spoon against the right side of your tongue.

Push against the spoon to oppose the force.

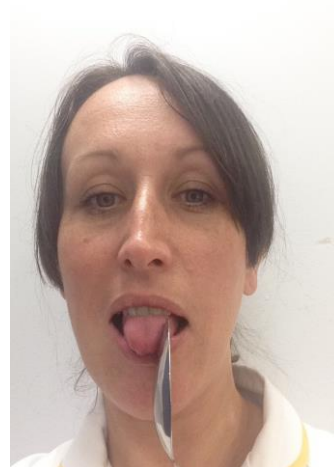
Hold for a count of 5.



5. Now push the spoon against the left side of your tongue.

Push against the spoon to oppose the force.

Hold for a count of 5.



Number of repetitions	
Number of times a day	

## Strategies to help improve speech clarity:

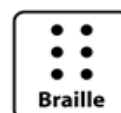
- Slow down your rate of speech.
- Put in extra effort when talking. Over emphasise the words you are saying.
- If you are having difficulties being heard then try to speak loudly. Imagine you are talking to someone far away.
- Use short phrases, with pauses in between.
- If it is very difficult to get your message across by speaking then try writing, drawing or using gesture.

## If I have any queries who do I ask?

Please telephone the Speech and Language Therapy Department on  
Tel: (0151) 529 4986

## Further Information:

<http://www.speechdisorder.co.uk/Dysarthria.html>



### 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:

**Tel No: 0151 529 2906**

**Email: [interpretationandtranslation@liverpoolft.nhs.uk](mailto:interpretationandtranslation@liverpoolft.nhs.uk)**