

Exercises for the mouth and tongue

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It is most important that exercises of the mouth and tongue are included in the daily routine even if there is no existing problem. This is to help with the progressive contraction of the mouth and fixation of the tongue. The exercises should be combined with daily teeth cleaning.

1. Stick the tongue out as far as possible then

- **Move it upwards and downwards**
- **Move it from side to side**

This should be done even if the tongue does not move very much



2. Open the mouth as wide as possible widthways using the fingers to gently stretch the corners

- **Open as wide as possible to form an 'O'**

These exercises are important to keep the lips supple and to make visits to the dentist easier