

# Simple Oral Exercise

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## Cheek stretching

(Repeat the motions twice)



[i:]



[a:]



[e:]



[i:]



[u:]

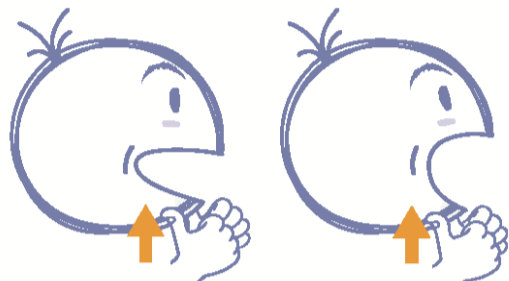


[o:]

## Masticatory muscle exercise



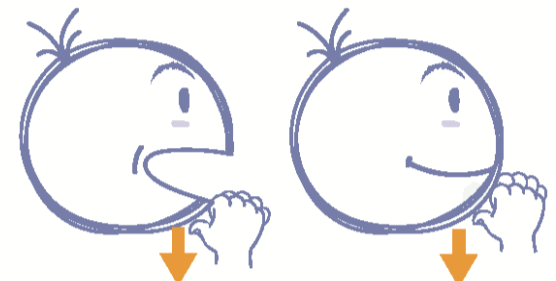
Close the mouth and place the thumbs under the chin.



Open the mouth slowly while pushing up the chin with thumbs (for 10s).



Open the mouth and place the index fingers on the chin.



Close the mouth slowly while pushing down the chin with index fingers (for 10s).

## Lip stretching



Puff out the cheeks as much as possible.



Deflate the cheeks as much as possible.

## Swallowing exercise



Breathe in deeply through the nose.



Hold breath and swallow saliva.



Breathe out slowly through the mouth.

## Salivation exercise



Fully open the mouth.



Extend the tongue out far.



Move the tongue toward the tip of the nose.



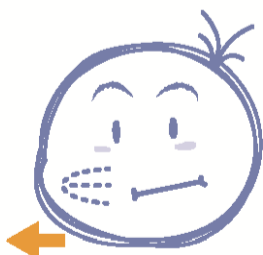
Move the tongue toward the tip of the chin.



Move the tongue to the right.

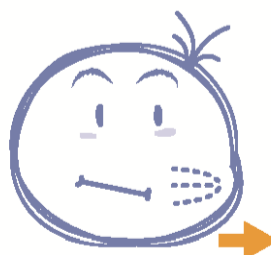


Move the tongue to the left.



Push the right cheek with the tongue.

The regular position



Push the left cheek with the tongue.



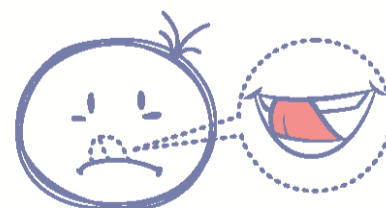
Turn the tongue against the right cheek.

The regular position



Turn the tongue against the left cheek.

The regular position

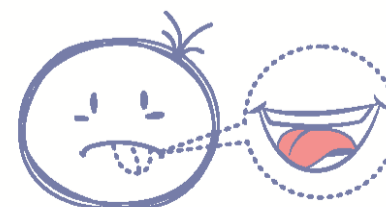


Place the tongue between the teeth and the upper lip.



Turn the tongue to lick around the gum.

The regular position



Place the tongue between the teeth and the lower lip.



Turn the tongue to lick around the gum.

The regular position

