

## Lip, Face, And Jaw Exercises

Do these exercises \_\_\_\_ time(s) per day. Repeat \_\_\_\_ time(s) each.

### Lip and Face Exercises

- Lip Retraction:** Smile firmly, pulling back both your upper and lower lips. Hold this position for 5 seconds.
- Lip Protrusion:** Purse your lips firmly as if you were going to kiss someone. Hold this position for 5 seconds.
- Lip Retraction and Protrusion:** Smile firmly, pulling back both your upper and lower lips. Then purse your lips firmly as if to kiss someone. Hold each position for 5 seconds.
- Mouth Opening:** Open your mouth as wide as you can. Hold this position for 5 seconds.
- Alternating Retraction, Protrusion, and Opening:** Slowly move from smiling firmly to opening your mouth as wide as you can to pursing your lips firmly.
- Lip Press:** Close your lips tightly around the end of a spoon or a straw. Gently try to take the straw or spoon out while keeping your lips closed.
- Cheek Puff:** Puff your cheeks up with air while keeping your lips sealed. Don't let air out of your mouth or nose. If you need to use your hands to keep your lips sealed it is OK. Hold this position for 5 seconds.
- Cheek Puff (Alternating):** Puff one cheek up with air. Move the air from one cheek to the other. Hold the air in each cheek for 3 seconds.
- Straw Manipulation 1:** Place a straw in the center of your mouth. Move the straw to the right side of your mouth and then to the left without using your hands.
- Straw Manipulation 2:** Place a straw in the center of your mouth. Have a 1-2 minute conversation without dropping the straw or using your hands to keep it in place.

### Jaw Exercises

- Jaw Opening:** Open your jaw as wide as you can until you feel firm stretching but no pain. Hold this position for 5 seconds.
- Jaw Opening with Resistance:** Place your hand under your lower jaw. Open your jaw as wide as you can while pressing your hand up. Hold this position for 5 seconds.
- Jaw Lateralization:** Move your lower jaw to the right as far as you can without causing pain. Hold this position for 5 seconds. Repeat on the left side.
- Jaw Lateralization with Resistance:** Place your hand on one side of your jaw. Move your lower jaw to that side while pushing in with your hand. Hold this position for 5 seconds. Repeat on the other side.
- Jaw Circles:** Move your lower jaw around slowly in a complete circle.
- Jaw Alignment:** Look in a mirror. Smile. Align your upper teeth with your lower teeth. Slowly open your mouth while trying to keep the upper teeth aligned with the lower teeth.
- Jaw Stretch:** Tilt your head back and open your mouth. Move your jaw forward, then up toward your nose. Hold this position for 5 seconds.
- Therabite®:** Use the Therabite® device as your speech therapist recommends:
  - a. 7 repetitions, 7 seconds each, 7 times per day
  - b. 5 repetitions, 30 seconds each, 5 times per day
  - c. Other \_\_\_\_\_

### Helpful Speech Strategies

- Make eye contact when speaking.
- Speak slowly and clearly.
- Exaggerate the movement of your face, mouth, and tongue.
- Increase the volume of your voice without yelling.

**Questions? Please call your speech therapist:**

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