Center for Tethered Oral Tissues (TOTs)
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POST LINGUAL FRENOTOMY EXERCISES

1. **LIFT TONGUE TIP BEHIND TOP TEETH ON THE SPOT** (bump behind front teeth on palate)

-Open mouth as wide as you can and hold.

-Hold tongue on spot for 3 seconds. **Repeat 10x, 3x a day**

2. Same as above, but put tip on the front of top teeth or top lip.

3. **SUCK ON A SMALL SOUR LIFESAVER**

4. **SUCK ON A FLAT LOLLIPOP**

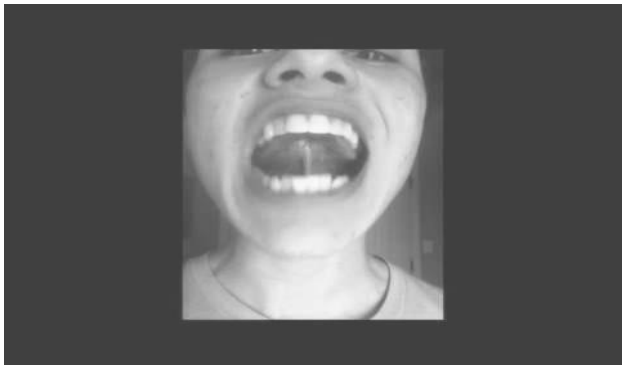
5. **TONGUE TWISTS- back and forth**

-Move tongue side to side with mouth held wide open

-Move tongue to each corner of mouth. **Repeat 10x, 3x per day**

6. **TONGUE CLICKS**

-Bring the middle of your tongue to the roof of your mouth, then release to make a clicking sound.



7. **HOLD AND PULL**

-Put tongue on gums behind top front teeth, bring middle part of tongue to hard palate. Hold tongue on hard palate while opening your mouth as wide as you can. (see picture in number #6).

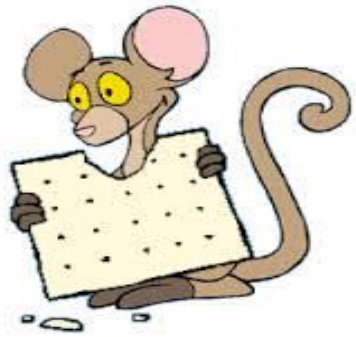
8. **OUT AND INS**

-Open mouth wide

-Point tongue and stick it out while trying to keep it off bottom lip.

-Bring tongue in and out while trying to keep it off bottom lip. **Repeat 10x, 3x a day**

9. **OUT AND UP**

-Same as above, but when the tongue comes in have it go in and behind the top teeth. **Repeat 10x, 3x a day**

10. **CRACKER CHEW-** and while chewing use your tongue to form the cracker into a ball.