

Tongue Stretches

Objective

Stretches and improves the range of movement of tongue muscles.

Instructions

For each exercise, you may use gauze to hold your tongue and gently pull.



Stick out your tongue as far as you can feel a stretch.
Hold for **10 seconds**.
Do this **_____ times**.



Stretch your tongue to one side.
Hold for **10 seconds**.
Do this **_____ times**.



Then stretch it to the other side.
Hold for **10 seconds**.
Do this **_____ times**.



Stretch your tongue upwards.
Hold for **10 seconds**.
Do this **_____ times**.



Stretch your tongue downwards
Hold for **10 seconds**.
Do this **_____ times**.