

ALL OROPHARYNGEAL EXERCISES

Uvula Lift/ Soft Palate	Open your mouth and stick your tongue out, raising your uvula (the dangling piece of flesh in the back of your throat) and soft palate as far as possible, then release it. Repeat
Cheeks In/ Soft Palate	Suck in both cheeks until they almost meet in the middle of the mouth. Hold for approximately five seconds, then release.
Trombone Blow/ Soft Palate	Form a semi-tightly closed fist and bring it up to the lips Take a deep breath through the nose and then blow out through the mouth into the closed fist.
Vacuum Suck/ Soft Palate	Place your closed fist in the same position as in the Trombone Blow exercise above. Instead of blowing into the fist, suck air through it using your diaphragm.
Tongue Drag/Tongue	Place the tongue against the back of your upper front teeth. Slide the tongue backward on the roof of your mouth as far as possible, then repeat.
Tongue Press- Up/Tongue	Flatten and press as much of your tongue as possible against the roof of your mouth. Hold in place firmly with a sucking motion.
Tongue Push- Down/Tongue	Place the underside of your tongue against the floor of your mouth, holding it down firmly. Keep the tip of your tongue in contact with the back of your lower front teeth.
Tongue Brush/Tongue	Brush the top and each side of your tongue with a toothbrush while keeping it on the floor of your mouth. (Toothpaste isn't required for this exercise.) Brush each of the three sides (top, left, and right) ten times each. When done with one side, move to the top, then to other side, then back to the top.
Spoon in Cheek/ Throat & Neck	Place the round side of a teaspoon or tablespoon into one side of your mouth against the inside of your cheek. . Hold the spoon against your cheek, pushing outward while simultaneously pulling your cheek muscle in against the spoon.
Hungry Bird/ Throat & Neck	Raise your chin and tilt your head back, looking up at the ceiling. Stick out your tongue upward toward the sky; imagine trying to touch the ceiling with your tongue.
Sky Swallow/ Throat & Neck	Rest your chin on your chest, then extend your tongue as far as possible holding it lightly in place with your front teeth. Now, move your head all the way back, looking up to the sky as far as possible. Now, swallow while lightly holding your tongue in place with your teeth. This will be tough, so place a small amount of water in your mouth, which will help with swallowing during this exercise.
Pursed Lips/ Throat & Neck	Purse your lips as if about to plant a kiss on someone. Hold your lips tightly together and move them up and to the right as far as possible, then pause there for a second. Then move your pursed lips up and to the left, pausing there for a second also. Repeat this sequence for three minutes.