

BASIC MOUTH/BITE RETRAINING EXERCISE SET

from

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ONLINE RESOURCES

Local Speech and Language Therapists in the UK can be found at :

<https://helpwithtalking.com/Find-a--SLT>

More information on Speech and Language Therapy :

<http://www.speechtherapy.co.uk/>

Each exercise to be repeated 10 times.

Set 1 for 1 month, 5x daily :

4 lip exercises, 5 tongue exercises, 2 jaw exercises & 2 soft palate exercises

Set 2 for 1 month, 5x daily.

2 lip exercises, 2 tongue exercises, 2 jaw exercises, 5 soft palate exercises, & 2 cheek exercises

Set 3 for 1 month, 5x daily.

lip exercises, 2 tongue exercises, 1 jaw exercises, and 2 soft palate exercises

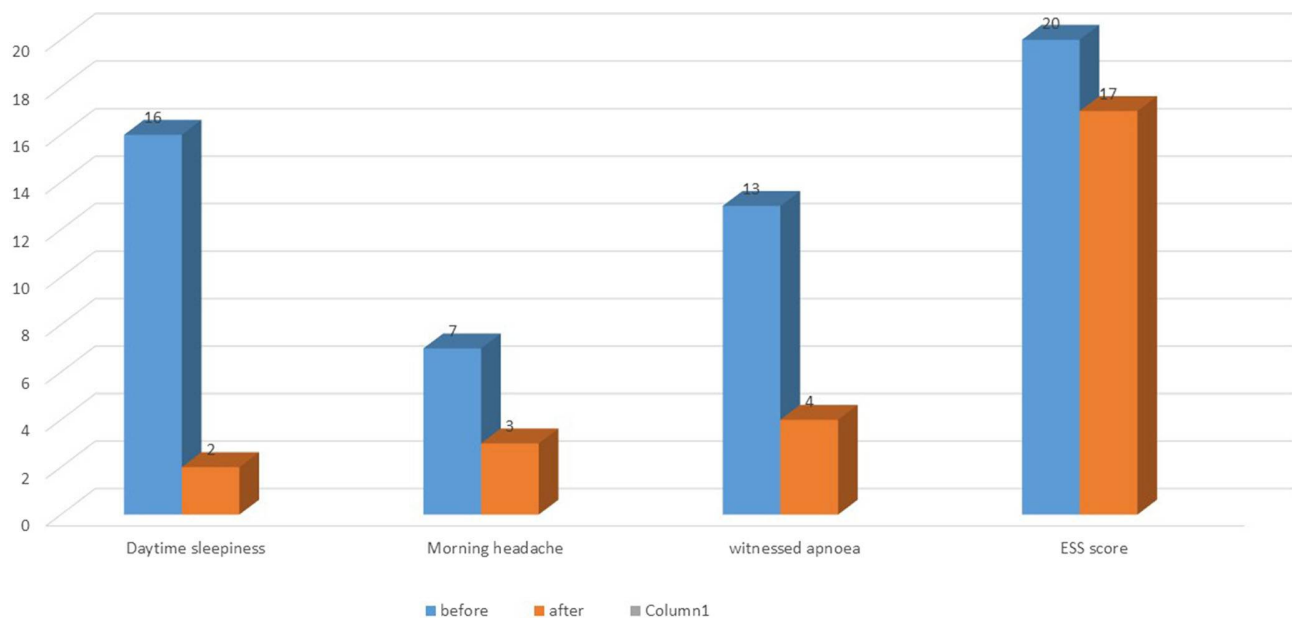


Figure 1 : Effect of carrying out these exercises for 3 months (before / after scores)

Exercise Set 1 (Month #1)

Repeat each 10x, and repeat the full set 5x daily

Facial Muscles : Orbicularis Oris

- Slowly open and close your mouth to its full extent, making sure the lips meet when closing.
- Relax.
- Pucker your lips (as if about to kiss). Hold for a count of 10.
- Relax.
- Pucker your lips (as if about to kiss). Hold for a count of 10.
- Relax.

Facial Muscles : Levator

- Spread your lips into a big, exaggerated smile. Hold for a count of 10.
- Relax.

Tongue exercises

- Brushing the superior and lateral surfaces of the tongue while the tongue is positioned in the floor of the mouth.
- Placing the tip of the tongue against the front of the palate and sliding the tongue backward.
- Open your mouth and stick out your tongue. Be sure your tongue comes straight out of your mouth and does not go off the side. Hold, relax, and repeat several times. Work toward sticking your tongue out farther each day, but still pointing straight ahead.
- Repeatedly stick your tongue in and out as fast as you can.
- Flick your tongue from corner to corner as quickly as you can. Move tongue all around your lips in a circle as quickly as you can, making sure you stay in constant contact.

Jaw muscles exercises

- Open and close mouth as quickly as you can, making sure your lips close each time.
- Say BMa-Ma-Ma-Ma^ as quickly as possible, ensuring there is an Bem^ and an Bah^ sound each time. Repeat with BLa-La-La-La.^
- Swallowing and chewing: Alternate bilateral chewing and deglutition, using the tongue in the palate, closed teeth, without per oral contraction, whenever feeding

Exercise Set 2 (Month #2)

Repeat each 10x, and repeat the full set 5x daily

Lip exercises

- Mix exercises 2 and 3 in phase #1: Pucker-hold-smile-hold.
- Close your lips and press them tightly together.

Tongue exercises

- Stick out your tongue and try to reach your chin with the tongue tip.
- Hold at the farthest extension.

Jaw exercises

- Repeat with BKa-Ka-Ka-Ka^ as quickly and accurately as you can.
- Repeat with BKala-Kala-Kala-Kala^

Palatal exercises

- Palatal elevation with and without yawn (to feel the soft palatal lift). Pronounce an oral vowel intermittently (isotonic exercise) and continuously (isometric exercise).

Buccinator muscle

- Suction movements contracting only the buccinator. These exercises were performed with repetitions (isotonic) and holding position (isometric). Recruitment of the buccinator muscle against the finger that is introduced in the oral cavity, pressing the buccinator muscle outward.

Pterygoid muscles

- Lateral jaw movements with alternating elevation of the mouth angle muscle
- Forced nasal inspiration and oral expiration in conjunction with phonation of open vowels, while sitting.

Exercise Set 3 (Month #1)

Repeat each 10x, and repeat the full set 5x daily

Buccinator muscle

- Balloon inflation with prolonged nasal inspiration and then forced blowing, repeated five times without taking the balloon out of the mouth.

Pterygoid muscles

- Alternated elevation of the jaw muscle forwards and sideways with repetitions
- Sing through the vowel sounds (A-E-I-O-U) as loudly as you can (or dare)

Tongue muscle

- Stick out your tongue. Hold a spoon upright against the tip of your extended tongue and try to push it away while your hand holds the spoon in place
- Forced tongue sucking upward against the palate, pressing the entire tongue against the palate

Lip exercises

- Try to pucker with your mouth wide open, without closing your jaws together. Hold and relax
- Close your lips firmly, and then make a Bslurping^ noise, as if sipping a drink