

Tongue Thrust Exercises



Tongue Thrust Exercises: A Comprehensive Guide to Correction

Introduction:

Do you clench your teeth, struggle with an overbite, or find yourself constantly pushing your tongue against your teeth? You might be dealing with tongue thrust, a common condition affecting speech, swallowing, and even facial structure. While often diagnosed in children, adults can also benefit from correction. This comprehensive guide dives deep into the world of tongue thrust exercises, exploring various techniques, their effectiveness, and how to integrate them into your daily routine. We'll equip you with the knowledge and practical exercises to address this issue and improve your oral health.

Understanding Tongue Thrust: More Than Just a Habit

Tongue thrust, also known as tongue-thrusting or anterior tongue carriage, is the habit of resting the tongue between or against the teeth. It's often more than just a bad habit; it can stem from underlying issues such as:

Oral myofunctional disorders (OMDs): These disorders involve improper function of the oral muscles, impacting speech, chewing, and swallowing.

Thumb sucking or pacifier use: Prolonged use can contribute to abnormal tongue posture.

Genetic predisposition: Certain facial structures might predispose individuals to tongue thrust.

Hypotonia: Low muscle tone in the tongue.

Identifying Tongue Thrust: Are You at Risk?

Self-diagnosis isn't recommended, but observing certain signs can prompt a consultation with a speech-language pathologist or orthodontist. Common indicators include:

Open mouth posture: Breathing through the mouth instead of the nose.

Lisping: Difficulty pronouncing certain sounds due to tongue placement.

Difficulty swallowing: A noticeable struggle or unusual movements during swallowing.

Dental problems: Overbite, open bite, or crowded teeth.

Effective Tongue Thrust Exercises: A Step-by-Step Approach

Correcting tongue thrust requires consistent effort and dedication. Here are some proven exercises that, when performed regularly, can help retrain your tongue and improve oral posture:

1. Tongue Tip Elevation: Strengthening the Tongue

This exercise strengthens the muscles responsible for proper tongue placement. Place your tongue tip against the ridge behind your upper teeth (the alveolar ridge). Hold for 5-10 seconds, then relax. Repeat 10-15 times, several times a day.

2. Tongue-to-Palate Press: Improving Palatal Contact

This exercise focuses on establishing contact between the tongue and the palate (roof of your mouth). Press your tongue firmly against the roof of your mouth, starting at the back and moving forward. Hold for a few seconds, then relax. Repeat 10-15 times, multiple times a day.

3. Chin Tucks: Strengthening Neck and Jaw Muscles

Chin tucks help improve jaw posture and reduce strain on the tongue. Gently tuck your chin towards your neck, holding for a few seconds, and then relax. Repeat 10-15 times, several times a day. This exercise is beneficial for overall facial muscle coordination.

4. Swallowing Exercises: Correcting Swallowing Patterns

Incorrect swallowing patterns often contribute to tongue thrust. Practice swallowing while keeping your tongue on the roof of your mouth. Focus on a smooth, controlled swallow, avoiding pushing your tongue forward. Repeat this multiple times throughout the day, being mindful of your swallowing action.

5. Lip Exercises: Strengthening Lip Muscles

Stronger lip muscles assist in maintaining proper mouth closure. Try these exercises:
Lip presses: Press your lips together firmly for 5-10 seconds, then relax. Repeat 10-15 times.
Lip stretches: Extend your lips into an "o" shape, then a wide smile. Repeat 10-15 times.

Integrating Tongue Thrust Exercises into Your Daily Routine

Consistency is key. Aim to incorporate these exercises into your daily routine several times a day, even for short periods. You can perform them while brushing your teeth, watching TV, or waiting in line. Start with fewer repetitions and gradually increase as your muscles get stronger.

Seeking Professional Help: When to Consult a Specialist

While these exercises can be highly effective, it's crucial to consult with a qualified professional, such as a speech-language pathologist or orthodontist, for a proper diagnosis and personalized treatment plan. They can assess the severity of your tongue thrust and guide you on the most appropriate course of action. They might also suggest additional therapies like myofunctional therapy.

Conclusion

Addressing tongue thrust requires commitment and patience. By diligently practicing these exercises and seeking professional guidance when necessary, you can significantly improve your oral health, speech clarity, and overall facial aesthetics. Remember that consistency and mindful practice are crucial for long-term success.

FAQs:

1. How long does it take to see results from tongue thrust exercises? Results vary depending on the severity and individual response. You might see some improvement within a few weeks, but significant changes often take several months of consistent effort.
2. Are tongue thrust exercises suitable for adults? Yes, adults can benefit significantly from tongue thrust exercises, although the intensity and duration of the treatment might vary compared to children.
3. Can I do these exercises without professional guidance? While these exercises are generally safe, it's always advisable to consult a professional for personalized guidance and to rule out any underlying issues.
4. What if I experience pain while doing these exercises? If you experience any pain, stop immediately and consult a professional. Pain indicates you might be overdoing it or have an underlying condition.
5. Can tongue thrust exercises completely eliminate the habit? With consistent practice and professional guidance, tongue thrust exercises can significantly reduce or eliminate the habit, improving oral health and function.

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Complete chapters are included from profacial myologists and dental specialists from four continents. The authors state there is a lot to know in preparing for clinical work with orofacial myofunctional disorders.

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addressing the issue effectively. This book outlines the common signs to look out for, such as difficulty latching and poor milk transfer. Armed with this knowledge, you will be able to identify the problem early on and take appropriate action. Positioning techniques play a vital role in overcoming tongue thrust reflex. This book introduces various positioning techniques, including the cradle hold and football hold, which can help improve your baby's latch and milk transfer. Additionally, it explores the use of nipple shields and their benefits, as well as proper usage guidelines. Seeking professional help is essential when dealing with tongue thrust reflex. This book highlights the importance of consulting lactation consultants and speech therapists who specialize in breastfeeding issues. It also explores alternative feeding methods, such as breast milk expression and supplemental nursing systems, which can provide temporary relief. Oral exercises and therapies are another aspect covered in this book. It provides guidance on tongue exercises and oral motor therapy that can help strengthen your baby's tongue muscles and improve their ability to breastfeed effectively. Patience and persistence are key when dealing with tongue thrust reflex. This book emphasizes the importance of establishing a routine and creating a supportive environment for both you and your baby. It also emphasizes the need for self-care, including rest, relaxation, and seeking emotional support. Transitioning to solid foods is a significant milestone for babies with tongue thrust reflex. This book offers guidance on introducing purees and consulting a pediatrician to ensure a smooth transition. Finally, this book includes a section dedicated to frequently asked questions, addressing common concerns and providing expert advice. It also encourages readers to reach out with any additional questions or comments they may have. In conclusion, How to handle breastfeeding when your baby has a tongue thrust reflex is a must-read for any parent facing this challenge. With its comprehensive information, practical tips, and expert advice, this book will empower you to overcome tongue thrust reflex and enjoy a successful breastfeeding experience. This title is a short read. A Short Read is a type of book that is designed to be read in one quick sitting. These no fluff books are perfect for people who want an overview about a subject in a short period of time. Table of Contents How to handle breastfeeding when your baby has a tongue thrust reflex Understanding tongue thrust reflex Signs of tongue thrust reflex Difficulty latching Poor milk transfer Positioning techniques Cradle hold Football hold Using nipple shields Benefits of nipple shields Proper usage of nipple shields Seeking professional help Lactation consultants Speech therapists Alternative feeding methods Breast milk expression Supplemental nursing systems Oral exercises and therapies Tongue exercises Oral motor therapy Patience and persistence Establishing a routine Supportive environment Self-care for mothers Rest and relaxation Seeking emotional support Transitioning to solid foods Introducing purees Consulting a pediatrician Frequently Asked Questions Have Questions / Comments?

tongue thrust exercises: Textbook of Pediatric Dentistry Nikhil Marwah, 2018-10-31 This new edition is a complete guide to paediatric dentistry for undergraduate and postgraduate dental students. Divided into nineteen sections, the book begins with an introduction to the specialty, oral examination, teeth identification and numbering, imaging, and growth and development of a child's face, mouth and teeth. The next chapters discuss diet and nutrition, plaque control and fluorides, and dental caries. Dental subspecialties including endodontics, orthodontics, restorative dentistry, periodontics, and surgery, each have their own dedicated sections. The concluding chapters cover oral pathology, forensics, lasers, dental advances, and research. The fourth edition has been fully revised to provide the latest information in the field and features many new topics including zirconia crowns, revascularisation and pulp regeneration, silver diamine fluoride, general anaesthesia, and presurgical nasoalveolar moulding in the management of cleft lip and palate. Key points Complete guide to paediatric dentistry for dental students Fully revised fourth edition with many new topics Highly illustrated with more than 1000 clinical photographs, diagrams and tables Previous edition (9789351522324) published in 2014

tongue thrust exercises: Tongue-Tied Richard Baxter, Dmd Baxter, 2018-07-13 Chances are, you or someone you know is affected by a tongue-tie. Common, yet little understood, tongue-ties can lead to a myriad of problems, including difficulty when nursing, speaking or eating. In the most

crucial and formative parts of children's lives, tongue-ties have a significant effect on their well-being. Many parents and professionals alike want to know what can be done, and how best to treat these patients and families. And now, there are answers. *Tongue-Tied: How a Tiny String Under the Tongue Impacts Nursing, Feeding, Speech, and More* is an exhaustive and informative guide to this misunderstood affliction. Along with a team of medical specialists, author Dr. Richard Baxter demystifies tongue-ties and spells out how this condition can be treated comprehensively, safely and comfortably. Starting with a broad history of tongue-ties, this invaluable guide covers 21st-century assessment techniques and treatment options available for tethered oral tissues. Various accounts of patient challenges and victories are prominently featured as well. With the proper diagnosis and treatment, tethered oral tissues can be released with minimal discomfort, resulting in lives free of struggles during nursing, speaking, and feeding, while also reducing the incidence of dental issues, headaches, and even neck pain for children through adults. Aimed at both parents and professionals, *Tongue-Tied* encourages those affected while providing reassuring and valuable information. Dr. Baxter and his qualified team have pooled their expertise to make a difference in the lives of people. No longer will young patients and their parents suffer without answers.

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evidence-based research and clinical information. * New chapters focus on the genetic testing and conditions associated with swallowing and feeding disorders, and the pulmonary manifestations and management of aspiration. * World Health Organization (WHO) description of an International Classification of Functioning, Disability, and Health (ICF) sets the stage for an in-depth discussion of clinical feeding evaluation procedures, interpretation, and management decision making. *Pediatric Swallowing and Feeding* continues to be the leading text on pediatric dysphagia that provides practical information for clinicians seeing children with swallowing and feeding disorders. The overall importance of an appropriate fund of knowledge and shared experience employing team approaches is emphasized throughout this third edition as in the earlier editions of this book. From the Foreword: The Editors have recognized the advances and changes in the understanding in the information now available for the care of pediatric swallowing and feeding challenges. They have recruited an outstanding group of contributors for this newest edition. There are numerous critically important updates and additions in the third edition. They have included World Health Organizations International Classification of Functioning, Disability and Health is the functional basis in all areas of the book. This text has its importance as there has been an increased number of children with complex medical and healthcare conditions which are risk for feeding and swallowing disorders. This edition stresses the need for team approaches and also documents the use of “virtual” teams ...*Pediatric Swallowing and Feeding: Assessment and Management, Third Edition* is the fundamental holistic source for all healthcare providers providing the care for swallowing and feeding in children. This book will be utilized by all caring for children with feeding and swallowing problems throughout the world. The previous editions have been and now this updated third edition continues to be the standard source for the information concerning diagnosis and care of these children. —Robert J. Ruben, MD, FAAP, FACS Distinguished University Professor Departments of Otorhinolaryngology - Head and Neck Surgery and Pediatrics Albert Einstein College of Medicine Montefiore Medical Center Bronx, New York

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Resource lists for professionals and for patients A must for dietary managers, dietitians and medical professionals who work with patients experiencing dysphagia.

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tongue thrust exercises: *Paediatric Dentistry: Principles and Practice* Muthu, 2009 This book provides a comprehensive description on Pediatric Dentistry for undergraduate students based on the syllabi recommended by the Dental Council of India and various universities across the country. The contents are well-structured and presented in a lucid manner making it easy for its readers. Each chapter includes numerous commonly asked questions of various university examinations. Apart from these there are Self-assessment Questions including essay type, short notes and MCQ's and Glossary at the end of the book, to help students for their last minute preparation before the exams. About the Author : - M.S. Muthu is currently Professor at the Department of Pediatric Dentistry, Meenakshi Ammal Dental College, Chennai, India. He has graduated from Tamil Nadu Government Dental College and Hospital in 1995 and completed his postgraduation from Nair Hospital and Dental College, Mumbai in 1999. Since then he has restricted his practice to Pediatric Dentistry and runs an exclusive pediatric dental clinic. He has also been actively involved in teaching undergraduate and postgraduate students for the last 9 years. N. Sivakumar is currently Professor and Head at the Department of Pediatric Dentistry, and Principal of Narayana Dental College and Hospital, Nellore, Andhra Pradesh. He has graduated from Government Dental College and Hospital, Hyderabad in 1988 and completed his postgraduation from College of Dental Surgery, KMC, Manipal in 1991. He has been actively involved in teaching undergraduate and postgraduate students for more than 15 years.

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tongue thrust exercises: *The Singing Athlete* Andrew Byrne, 2020-06-23 If you are a singer, you are an athlete. And the athletic skills that make you a great vocalist come from one source: your

brain. The Singing Athlete is the first book of its kind: a view on voice training through the lens of both the physical body and the nervous system. As one of the top teachers of professional Broadway performers, Andrew Byrne has developed a unique synthesis of athletics and neuroscience that will guide you to higher levels of performance. In addition to his work on Broadway, Andrew is devoted to studying the training methods used by Olympic athletes as a Master Practitioner of Z-Health functional applied neuroscience. He has taken thousands of hours of research and boiled it down into an easily digestible form that will help you unlock amazing new vocal skills. When you buy The Singing Athlete, you're not just picking up a book. You're getting a complete training system. With your purchase, you get lifetime access to The Singing Athlete Video Guide, a companion website that includes over 150 training videos. You'll learn the correct form for every drill, explore awesome bonus content, and download PDFs to track your progress. Through the fully illustrated book and the accompanying videos, you will learn to: Breathe correctly for stress reduction and optimal vocal support Exercise your tongue, jaw, and throat in ways that lower threat in your brain Use your ears and eyes to improve vocal range and stamina Heal any scars that might be holding you back Eliminate reflux, tinnitus, sinus problems, and other vocal stumbling blocks Move better, feel better, and sing better FAQs How is The Singing Athlete different from other vocal training systems? When you study voice, your instructor is always practicing neurology--either accidentally or on purpose. A lot of voice systems can tell you about the anatomy of the voice, but The Singing Athlete provides a crucial missing piece--how to train your brain. Once you understand how your nervous system is in charge of your singing, the way you practice will shift forever, and everything your teacher says will make more sense. I'm an instructor of a certain style of vocal training. Can I integrate The Singing Athlete into what I already do? That is one of the greatest strengths of this system; this material can fit in seamlessly with almost any style of training. The Singing Athlete is designed to complement what you already do, providing a new framework to expand and focus your thinking. Lisa Rochelle (NYC Singing Voice Specialist) says it this way: The Singing Athlete negates no other system, no other technique, and no other pedagogy. It can be used to meet a singer where they are. How will I know if this training is working? The process in The Singing Athlete (known as Assess and Reassess) will show you precisely what kind of exercise your voice appreciates. With The Singing Athlete, there is no guesswork and you will be sure you are doing the right drills. I'm not a Broadway singer--I sing other styles (pop/country/R&B/classical, etc.) Can I get good results from this book? The Singing Athlete is independent of vocal style. You can apply these exercises to any vocal style, from heavy metal to grand opera. Whether you want to sing Quando m'en vo or Call Me Maybe, Andrew has got you covered. How does The Singing Athlete Video Guide work? Learning movement is a visual process. To get the most out of the exercises, Andrew has shot a video of each drill. This will allow you to make sure you've got the form right, as well as learn details about how to use and tweak the drills. Once you've purchased the book, you can get lifetime access to the Video Guide at thesingingathlete.com. (Plus, there are some cool songs there, too.)

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tongue thrust exercises: Why Zebras Don't Get Ulcers Robert M. Sapolsky, 2004-09-15 Renowned primatologist Robert Sapolsky offers a completely revised and updated edition of his most popular work, with over 225,000 copies in print Now in a third edition, Robert M. Sapolsky's acclaimed and successful *Why Zebras Don't Get Ulcers* features new chapters on how stress affects

sleep and addiction, as well as new insights into anxiety and personality disorder and the impact of spirituality on managing stress. As Sapolsky explains, most of us do not lie awake at night worrying about whether we have leprosy or malaria. Instead, the diseases we fear-and the ones that plague us now-are illnesses brought on by the slow accumulation of damage, such as heart disease and cancer. When we worry or experience stress, our body turns on the same physiological responses that an animal's does, but we do not resolve conflict in the same way-through fighting or fleeing. Over time, this activation of a stress response makes us literally sick. Combining cutting-edge research with a healthy dose of good humor and practical advice, *Why Zebras Don't Get Ulcers* explains how prolonged stress causes or intensifies a range of physical and mental afflictions, including depression, ulcers, colitis, heart disease, and more. It also provides essential guidance to controlling our stress responses. This new edition promises to be the most comprehensive and engaging one yet.

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tongue thrust exercises: The Marshalla Guide Pam Marshalla, 2020

tongue thrust exercises: I Can Say the R Sound Meredith Avren, 2017-06-06 Designed to help with that tricky R sound, this workbook is a MUST HAVE for every speech-language pathologist! Professional illustrations teach students the anatomy of the mouth and detailed

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