

MYOMOUTH PIECE HOMEWORK

MYOFUNCTIONAL THERAPY EXERCISES

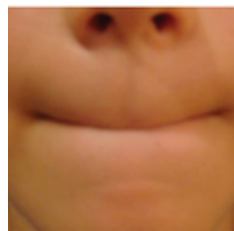
TONGUE CLICKS

1. Place tongue in the roof of the mouth behind the front teeth (N SPOT) & hold for 60 seconds
2. Create suction & snap the tongue off the palate to create a "CLICK"
3. Do this for the entire alphabet 5x/day
4. MAKE THEM AS LOUD AS POSSIBLE



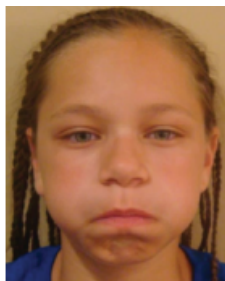
LIP POPS

1. Hide the colored part of your lips.
2. Pop the lips
3. Open with a popping sound
4. Lip pops 20 times, 2x/day



PUFFER FISH

1. Start with your mouth closed and teeth together.
2. Place your tongue in the palate (N SPOT)
3. Fill your mouth and cheeks with air.
4. Hold for 60 seconds
5. Breathe softly through the nose
6. Do this 5x/day



TIC TAC

1. Hold a tic tac on the N SPOT until it dissolves.
2. Make sure your teeth are together and your lips are sealed
3. Do this 5x/day



FUNNY FACE

1. Use 2 fingers to stretch your smile.
2. Relax your chin muscles, keep back teeth together.
3. Place your tongue on the N SPOT and swallow.
4. Do this without pulling too hard on your fingers/chin
5. Do this 1-2 minutes 5x/day



BALLOON BLOWING

1. Blow a moderate size balloon.
2. This will help relax the facial muscles and push them away from the teeth.
3. Blow up a balloon 5 times 2x/day



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NASAL HYGIENE

TISSUES

- Blow your nose



NASAL SPRAY

- Long Term- Xlear
- Short Term
 - Flonase (Over The Counter)



NASAL STRIPS

- Breathe Right (Over The Counter)



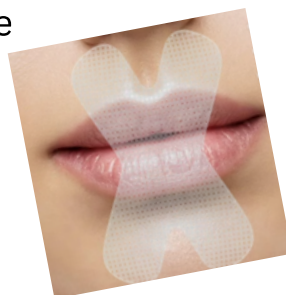
NASAL INSERTS

- Mute (RhinoMe)
- Snorequiet
- SleepRight



MOUTH TAPE

- 3M Micropore Paper Tape
- SnorLess Strips



LIP GEL

- Sleep Q +

