



## **Bozek Orthodontics Orofacial Myofunctional Therapy Program**

### **Session 1: The Warmup**

#### **1. Hot Salt Water Pump – 5x 3x/day**

Place  $\frac{1}{4}$  teaspoon of salt in 4oz of warm water, bring water into right cheek for 5 seconds, then to in front of upper lip for 5 seconds, then to left cheek for 5 seconds, and then to lower lip. Repeat 5 times.

#### **2. Wrinkle Nose, Upper Lip Stretch – Count to 20 5x 3x/day**

Using your thumb and forefinger pull your upper lip down and out. Wrinkle your nose for a deeper stretch. Count to 20 and repeat.

#### **3. Waggle Spot – 10x 3x/day**

Move the tip of the tongue from one corner of your mouth to the other and then to the “spot”. Repeat 10x.

#### **4. Tongue Touch – 30 minutes 1x/day**

Wet cotton rolls and place one under your upper lip and another behind your lower lip. Place the rubber band half on and half off the tip of your tongue and place it on the spot where your tongue finishes making the letter “N”. Make sure your lips are closed and your teeth are slightly apart. Try to do something else while doing this exercise, like homework, emails, television, reading.



## **Bozek Orthodontics Orofacial Myofunctional Therapy Program**

### **Session 2: The Tip of the Tongue**

#### **1. Tongue Point and Trace – 10s 5x 3x/day**

Stick the tip of your tongue out to make a point and make sure it's not resting on your lower lip. If your tongue doesn't want to make a point use your tongue depressor or chop stick to tap it gently to make it stronger. Count to 10 with your tongue out and then slowly trace your tongue backwards along your palate drawing a line through the middle. Repeat.

#### **2. Tongue Pops, Big Smile – 20x 3x/day**

Lift the tip of your tongue to the "spot" and hold it there. Release the back of your tongue but keep the tip of your tongue up so that a "clack" sound can be heard. Lips should be apart and smiling. Repeat.

#### **3. 1 Elastic Swallow – 10x 3x/day**

Place a rubber band on the tip of your tongue so that it is half on and half off and place it on the "spot". Hold the rubber band in place. Bite your back teeth together, open your lips, and swallow. You should not swallow the elastic!

#### **4. Tongue Touch – 30 minutes 1x/day**

Wet cotton rolls and place one under your upper lip and another behind your lower lip. Place the rubber band half on and half off the tip of your tongue and place it on the spot where your tongue finishes making the letter "N". Make sure your lips are closed and your teeth are slightly apart. Try to do something else while doing this exercise, like homework, emails, television, reading.

#### **5. Word Exercises – 10x 3x/day**

Be sure to tap the tip of your tongue to the spot when speaking

#### **6. Lip Massage – 30x 3x/day**

Put lip balm on your lips and tuck the upper and lower lips over your teeth. Massage the lips back and forth over each other.



## **Bozek Orthodontics Orofacial Myofunctional Therapy Program**

### **Session 3: The Middle of the Tongue**

#### **New equipment: Tongue depressor**

##### **1. 2 Elastic Swallow – 12x 3x/day**

Practice in front of a mirror. Place a rubber band on the tip of your tongue so that it is half on and half off. Place a second elastic behind the first one toward the middle of your tongue and place your tongue on the “spot”. Hold the rubber band in place. Bite your back teeth together, open your lips, and swallow. You should not swallow the elastics!

##### **2. Caves with Retained Tongue Pops – 5x 3x/day**

Lift the tip of your tongue to the “spot” and hold it there. Bring the rest of your tongue up so in the mirror you can see the whole underside of your tongue. Hold for 10 counts. Release the back of your tongue but keep the tip of your tongue up so that a “clack” sound can be heard. Lips should be apart and smiling. Repeat.

##### **3. Deep Breathing with Tongue Touch – 5 minutes 3x/day**

With your tongue placed on the “spot” practice breathing through your nose with your lips closed ballooning out your stomach when inhaling and brining your stomach in when exhaling. You can lie down and place a book on your stomach to help draw your attention to your diaphragm.

##### **4. Pucker Power – 20x 3x/day**

Suction your lips together to make a “POP” sound on release. Repeat.

##### **5. Tongue Depressor Push-ups – 5x 3x/day**

Start by placing the tongue depressor on your tongue and push against it for 5 counts. Next place it to the right side and push against it for 5 counts. Continue with the left side and finish by pushing your tongue in with the tongue depressor and resisting with your tongue. Repeat.

##### **6. Tongue Touch– 30 minutes 1x/day**

Place the rubber band half on and half off the tip of your tongue and place it on the spot where your tongue finishes making the letter “N”. Make sure your lips are closed and your teeth are slightly apart. Try to do something else while doing this exercise, like homework, emails, television, reading.



## **Bozek Orthodontics Orofacial Myofunctional Therapy Program**

### **Session 4: The Back of the Tongue**

#### **1. K Swallow – 6x 3x/day**

Take your tongue depressor and place it sideways between your front teeth to bite lightly against it. Say the “Kaw” sound very clearly three times and then swallow with your tongue on the spot and lips open. Repeat.

#### **2. Word Exercises – 10x 3x/day**

Be sure to tap the tip of your tongue to the spot when speaking

#### **3. Tongue Touch with 3 Rubber Bands – 30 minutes 1x/day**

Place the rubber band half on and half off the tip of your tongue with two more elastics behind and to the side of your tongue in the shape of a triangle. Place the tip of your tongue on the “spot”. Make sure your lips are closed and your teeth are slightly apart. Try to do something else while doing this exercise, like homework, emails, television, or reading.

#### **4. Caves with Retained Tongue Pops – 5x 3x/day**

Lift the tip of your tongue to the “spot” and hold it there. Bring the rest of your tongue up so in the mirror you can see the whole underside of your tongue. Hold for 10 counts. Release the back of your tongue but keep the tip of your tongue up so that a “clack” sound can be heard. Lips should be apart and smiling. Repeat.

#### **5. 2 Elastic Swallows – 12x 3x/day**

Practice in front of a mirror. Place a rubber band on the tip of your tongue so that it is half on and half off. Place a second elastic behind the first one toward the middle of your tongue and place your tongue on the “spot”. Hold the rubber band in place. Bite your back teeth together, open your lips, and swallow. You should not swallow the elastics!

#### **6. Pucker Power– 20x 3x/day**

Suction your lips together to make a “POP” sound on release. Repeat.



## **Bozek Orthodontics Orofacial Myofunctional Therapy Program**

### **Session 5: Eating New Equipment: Time chart**

#### **1. K Swallow** – 6x 3x/day

Take your tongue depressor and place it sideways between your front teeth to bite lightly against it. Say the “Kaw” sound very clearly three times and then swallow with your tongue on the spot and lips open. Repeat.

#### **2. Cracker Swallow** – 1x 3x/day

Sitting tall like a giraffe bite on a cracker and divide so that you have even amounts on both sides of your mouth. Chew it until it’s soupy (15-20 chews). Gather the food into a ball on the center of your tongue. Place an elastic at the tip of your tongue and place it on the “spot”. Bite your back teeth together and swallow the cracker while holding the elastic in place.

#### **3. Liquid Sips** – all liquids all day

Taking small sips, trap the liquid by raising your tongue to the hard palate and trapping it on the roof of your mouth. You can test your trap by leaning forward and making sure no liquid comes out. Open lips and swallow.

#### **4. Correct Swallow (1 Meal)**

Practice the same technique as the Cracker Swallow exercise using an elastic at the tip with every swallow. Eating in front of a mirror can be very helpful. Remember to chew with both sides of your mouth.

#### **5. Tongue Touch with 3 Rubber Bands** – 30 minutes 1x/day

Place the rubber band half on and half off the tip of your tongue with two more elastics behind and to the side of your tongue in the shape of a triangle. Place the tip of your tongue on the “spot”. Make sure your lips are closed and your teeth are slightly apart. Try to do something else while doing this exercise, like homework, emails, television, or reading.

#### **6. Time Chart** – 5x/day

Choose 5 times that we’ll check in to see where your tongue is at the same times each day. If your tongue is on the “spot” make your time chart with a \*, if your tongue is down and against your teeth mark your chart with an x. Keep track of the times you choose on the back of your exercise sheet.

#### **7. Pucker Power**– 20x 3x/day

Suction your lips together to make a “POP” sound on release. Repeat.



## **Bozek Orthodontics Orofacial Myofunctional Therapy Program**

### **Session 6: More Eating!**

#### **New Equipment: Pink wax screen**

##### **1. Correct Swallow (ALL Meals)**

Practice the same technique as the Cracker Swallow exercise using an elastic at the tip with every swallow. Eating in front of a mirror can be very helpful. Remember to chew with both sides of your mouth.

##### **2. Everything You Drink**

Taking small sips, trap the liquid by raising your tongue to the hard palate and trapping it on the roof of your mouth. You can test your trap by leaning forward and making sure no liquid comes out. Open lips and swallow.

##### **3. Time Chart- 5x/day**

Choose 5 times that we'll check in to see where your tongue is at the same times each day. If your tongue is on the "spot" make your time chart with a \*, if your tongue is down and against your teeth mark your chart with an x.

##### **4. Tongue Touch with wax screen – 30 minutes 1x/day**

Place the rubber band half on and half off the tip of your tongue and place it on the spot where your tongue finishes making the letter "N". Place the pink wax screen between your lips and your teeth. Make sure your lips are closed and your teeth are slightly apart. Try to do something else while doing this exercise, like homework, emails, television, or reading.

##### **5. Yawn and K Swallow – 6x 3x/day**

Yawn. Say the "Kaw" sound three times very clearly and then swallow with your tongue on the spot, lips open and teeth apart. Repeat.

##### **6. Pucker Power- 20x 3x/day**

Suction your lips together to make a "POP" sound on release. Repeat.

##### **7. Word Exercises – 10x 3x/day**

Be sure to tap the tip of your tongue to the spot when speaking.