Dr. Melissa Milligan, Orthodontist and Orofacial Myofunctional Therapist
(905) 331-7700

Name:

Session #1																					
Exercises	**Monday**			**Tuesday**			**Wednesday**			**Thursday**			**Friday**			**Saturday**			**Sunday**		
Pump **Hot Salt Water** **¼ teaspoon salt in 4 oz. warm water** **Count to 5 on 4 sides 5x 3x/day**																					
Wrinkle Nose **Upper Lip Stretch** **Pull Upper lip down with fingers** **Count to 20 times 5x 3x/day**																					
Waggle spot 10x 3x a day **Tongue to corners of mouth, find "spot"**																					
Tongue Touch **Wet cotton roll, place inside lower/upper lip** **Rubber band to the "Spot"** **10 minutes building up to 30 minutes a day**																					
One foot Rule "Hands Away From Face!"																					

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Session #2

Exercises	Monday			Tuesday			Wednesday			Thursday			Friday			Saturday			Sunday		
Tongue Point and Trace **10 seconds point then 5 seconds trace back to soft palate** **5x 3x/day**																					
Tongue Pops Big Smile **Tongue on Spot - Snap Back** **20x 3x/day**																					
1 Elastic Swallow (rubber band) **1) Bite 2) Lips open 3) Swallow** **Use Mirror** **10x 3x/day**																					
Tongue Touch **Cotton roll in lower/upper lip** **Rubber Band to Spot** **30 minutes** **1x/day**																					
Ten teen tide tile tote **Den dot doll dude dine** **Lean lot lid late load** **Neat not need noon nod 10x 3x/day**																					
Lip Massage – rub one lip over the other and alternate. **30x 3x/day**																					

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Session #3																					
Exercises	**Monday**			**Tuesday**			**Wednesday**			**Thursday**			**Friday**			**Saturday**			**Sunday**		
2 Elastic Swallow **1) Bite 2) Lips Open 3) Swallow** **12x 3x/day**																					
Caves **Retained tongue pop** **Hold - count to 10** **5x 3x/day**																					
Deep Breathing with Tongue Touch **Inhale Stomach Out – Exhale Stomach In** **5 minutes 3x/day** **(balloon on inhale)**																					
Pucker Power **Suction lips together and then POP** **20x 3x/day**																					
Tongue Depressor Push-ups 5x 3x a day																					
Tongue Touch **Rubber Band to Spot** **30 minutes** **1x/day**																					

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Session # 4

Exercises	Monday			Tuesday			Wednesday			Thursday			Friday			Saturday			Sunday		
K Swallow – 3 K's – "Ka" "Ka" "Ka" **6x 3x/day**																					
Chin Chat Chill Chile Church **Jet Jelly Genie Judy John** **Notch Latch Ditch Dutch Nacho** **Dodge Judge Lodge Change 10x 3 x/day**																					
Tongue Touch **3 rubber band hold, lips closed** **30 minutes 1x/day**																					
Retained Tongue (Caves) Pop **5X 3x/day**																					
2 Elastic Swallow **12x 3x/day**																					
Pucker Power **Suction lips together and then POP** **20x 3x/day**																					

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Session # 5

Exercises	Monday			Tuesday			Wednesday			Thursday			Friday			Saturday			Sunday		
K Swallow **3 fingers or bite block** **6x 3x/day**																					
Cracker Swallow **Chew 20x both sides/Lips closed** **Gather food on tongue rubber band to spot** **1) Bite 2) Lips open 3) Swallow** **1x 3x/day**																					
Liquid Sips 1.Bite 2.Lips Open 3. Swallow **All liquids All day (water trap)**																					
1 Meal Correct Swallow **Tongue on Spot, back teeth together** **Chew 20x (Like Cracker Swallow)** **Use Mirror & rubber band**																					
Tongue Touch **3 rubber band hold, lips closed** **30 minutes 1x/day**																					
Time Chart *** tongue up x tongue down or mouth open**																					
Pucker Power **Suction lips together and then POP** **20x 3x/day**																					
Poster **Draw a picture of something you like and relate it to your swallow**																					

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Session # 6

Exercises	Monday			Tuesday			Wednesday			Thursday			Friday			Saturday			Sunday		
All Meals Correct Swallow 1) Tongue on spot 2) Bite back teeth 3) lips open Use a Mirror																					
Everything You Drink Tongue on Spot Bite on back teeth Lips Open																					
Time Chart * Tongue Up x Low tongue																					
Tongue Touch with wax screen Lips closed Rubber band on Spot 30 minutes 1x/day																					
Yawn and K Swallow 6x 3x/day																					
Pucker Power Suction lips together and then POP 20x 3x/day																					
Shin Shawl Lush Dash Leash Gag Tag Gate Tug Dog Gone Log Duck Did Lock Cat Goal Leg Tack Cane 10X 3x/day																					