

Home Care Exercises

Suck retraining exercises after tongue/lip tie revision to retrain muscle patterns. Perform 6 weeks post revision to see best results

TONGUE PRESS DOWN (3 reps, 5x/day)

- Insert finger pad side up and put brief pressure on the back of the tongue while making a fun noise

TONGUE MASSAGE (3 reps, 5x/day)

- Initiate opening, insert finger pad side down into the mouth on the front of the tongue and massage in many circles behind tip of tongue.
- Tongue should change shape and begin cupping the finger after a few weeks of exercise

TONGUE LATERALIZATION (3 reps, 5x/day)

- Initiate opening of the mouth and then put index finger pad side down along lower back gum ridge going back and forth along gum ridge going side to side
- Look for baby tongue to follow finger motion

DESENSITIZE THE PALATE (3 reps, 5x/day)

- High arch palate due to tongue tie will need pressure against back of their palate and will even out roof of the mouth. Important for adequate latch
- Start with finger behind upper gum ridge where the top teeth would be
- Index finger pad side up along the hard palate and slide it back. Advance finger backward right before the gag reflex occurs
- If the reflex happens its not a bad thing unless it bothers baby

INVERSION EXERCISE (8x/day for 1-2 minutes)

- During this exercise we want to see baby head turn from side to side

TUMMY MASSAGE for DIAPHRAGM (5x/day for 1 minute)

- Hold baby in slight football hold. Find right under the ribcage and lightly tug down on the tummy
- Also good for babies with reflux

SIDE BODY "C" STRETCH (5 per day for 5 seconds each)

- Helps stretch tight neck and chest muscles
- Side lye baby on lap facing away from you. Arm will go between your legs. Your hand can go on top shoulder of baby
- Grab underneath baby leg and stretch entire body UP into a side stretch "C"
- Goal is to stretch baby to 90 degrees
- Switch sides, this should not hurt them babies are flexible

INTERNAL PALATE MASSAGE (frequently)

- Let baby suck pinky frequently during massage of roof of mouth

EXTERNAL PALATE MASSAGE (5x/day)

- Stimulate external as much as palate
- Light friction massage of the head. Anywhere on the head light pressure all along the head and forehead
- Stimulates blood flow