



Speech/Language Pathology Department Exercises for Facial, Jaw, Lip, and Tongue Muscles

Use a mirror to help you do the following exercises:

Facial Exercises: Do each of these ____ times in front of mirror.

- 1. Puff up cheeks. Hold air for 5 seconds. Then blow out.
- 2. Suck in cheeks. Then relax.
- 3. Puff up cheeks with air – move air from one side to other without letting air escape through lips.
- 4. Raise your eyebrows. Wrinkle forehead.
- 5. Close eyes tightly and wink with one and then the other eye.

Jaw Exercises: Do each of these ____ times in front of mirror.

- 1. Open mouth widely and close tightly.
- 2. Drop jaw down as far as possible. Do not move head backward.
- 3. Move jaw from side to side.
- 4. Move jaw forward and backward.
- 5. Utter these sounds with a broad movement of the jaw: “Wee! Why! Whoa! Wah!”

Lip Exercises: Do each of these ____ times in front of mirror.

- 1. Say “oo” pushing lips as far forward as possible. Hold. Relax.
- 2. Say “ee” pulling lips back as far as possible. Relax.
- 3. Alternate saying “oo” – “ee”. Stretch your lips!
- 4. Tuck lips in as if blotting lips.
- 5. Alternate pout/smile.
- 6. Pucker, then move lips from side to side. Open mouth and pucker with it wide open.

Tongue Exercises: Do each of these ____ times in front of mirror.

- 1. Point tongue. Bring tongue in quickly and close lips.
- 2. Move tongue from side to side on outside of mouth.
- 3. Try to touch nose with tongue. Hold at the farthest point.
- 4. Lower tongue toward chin. Hold at the farthest point.
- 5. Mark a circle with tongue around outside lips. Reverse direction.
- 6. Make a circle with tongue around inside lips. Reverse direction.
- 7. Push tongue against cheek inside mouth. Alternate from side to side.
- 8. Slide tongue from side to side between cheeks and lower teeth. Then repeat along upper teeth.