

Weeks 1 and 2 INTENSIVE PHASE/Jaw Stabilization Have Available: Tubes, orthodontic elastics

OPTIONAL: wafer, warm saltwater, raisins, exam gloves

Activities: During this phase, you get tremendous results if you do each set 3 X a day; Good results if 2 X a day. DND Activity is always 1 X a day.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Tube Chews 20:53 30 seconds, working up to 2 minutes							
Bull Dog 21:51 10 seconds, 20 repetitions							
Balloon Lips/Air Puffs 22:52 5 seconds each location, 5 repetitions							
The Monkey 24:50 10-15 times each direction							
(Do Not Disturb) DND Activity 26:42 30-60 minutes a day while multi-tasking if you like.							
MANTRA: Lips together teeth apart!							
Self-release of muscles used to clench 27:47							
One Foot Rule "Hands Away From Face!"							

Weeks 3 and 4 Have Available: Mirror, cotton rolls, orthodontic elastics, straw, paper, button, camel prop

OPTIONAL: Raisins, tongue depressors, warm water, water bottle, string, lip balm or coconut oil

Activities	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<u>Upper Lip Stretch</u> [If needed] 29:22 Count to 20, 5 repetitions							
<u>Snarls/Lip Curls</u> 29:33 30 repetitions							
<u>Do Not Disturb (DND) Activity: Cotton Rolls</u> 30:00 Start with 10 minutes, building to 60 minutes a day.							
<u>Making a Point</u> [Optional – if needed] 30:42							
<u>Snake/Lizard</u> [Optional – if needed] 31:38 25 repetitions							
<u>Tongue Waltz</u> 32:07 5 repetitions							
<u>Middle Tongue Push-Ups</u> 32:43 2+ seconds, 5+ times <u>Raisin Push-ups (Alternative)</u> 33:34							
<u>Ack! [Calling Crows!]</u> 33:56 20 repetitions							
<u>Great Granny Surprise Face</u> 34:49 Hold for a count of 20							
<u>Lip Pops!</u> 35:34 20 LOUD ones							
<u>Straw and Paper</u> 36:04 Count to 10, 5 repetitions							
<u>Taco Blows!</u> 37:13 10 repetitions							
<u>Balloon Lips With a Twist!</u> 37:48 All 4 locations, 5 repetitions							
<u>Button Pops</u> 38:05 10 pops each location <u>Water Bottle Lip Pull [Alternative]</u> 39:35 10 seconds, 20 repetitions							
<u>Camel</u> 40:36 3 repetitions with 1 weight							
<u>Optional Lip Massage</u> – Using lip balm, rub one lip over the other and alternate. You may move your jaw forward, but not side to side. 30 repetitions							

Weeks 5 and 6 Have Available: Mirror, popsicle stick, coins (pennies), tape, oral screen [Lip-O-Ciser), straw and slant-tipped straw, glass of water, orthodontic elastics, camel prop
OPTIONAL: crackers or bread, bell peppers/oranges, etc.

Activities	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Caves 42:00 Count to 2, 10 repetitions							
Point and Hold 42:35 Touch 10 times, then hold 15 seconds							
Popsicle Stick Hold [Optional] 43:16 Hold 5 – 10 seconds							
Back Tongue Elevation [Optional] 43:36 Hold 4 seconds, 4 repetitions							
Lip-O-Ciser [Oral screen] Stretch 44:17 60 seconds OR can be an optional DND sometimes for 30-60 minutes							
Tube Drink 45:08 Finish 2+ ounces this way. If you have trouble, go to last page for extra help.							
Cheek Muscle [Masseter] Pop! [Optional] 45:48 Hold 10 seconds without quavering							
Isometric Chin Push 46:53 5 seconds at each location (R & L jaw, then top of the bottom teeth); at least one repetition							
Goalposts [Optional] 47:24 30 times							
Shoulder Rolls 48:08 20-30 times each direction							
Turtle/Fish Lips! 48:30 Hold for 10-20 seconds.							
The Camel 49:00 3 repetitions with 2 weights							
Do Not Disturb (DND) 49:12 10 minutes							

Weeks 7 and 8: Have Available: Mirror, tongue depressor, straw, assorted horns

OPTIONAL: popsicle stick, wooden skewer, chop stick, bubble solution, mouth prop, wine cork or carrot, 8 pound pet!

Activities	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Caves 50:08 10+ seconds each: 5 repetitions							
Tongue Sit-Ups 50:01 10-30 repetitions							
Tongue Bowl 51:25 Hold 15 seconds							
Fats and Skinnies 52:17 10+ cycles							
Front and Back Tongue Pops! 52:25 10 repetitions							
Straw Pops 54:00 10 LOUD ones!							
Cork Pops [Optional] 54:47 25 repetitions							
Party Horn Blowing 55:08 Hold for 10 seconds							
“Belly Breathe” 56:00 5+ minutes							
Repetitive “Spot” 57:22 6-10 times with and 6-10 times without prop							
The Camel 58:00 3 repetitions with 3 weights							
DND Activity – Walrus 58:10 20 – 30 minutes							



Weeks 9 and 10 Have Available: Mirror, cocktail straw, squirt bottle, mouth prop, wooden skewer or chopstick, elastics, camel prop																					
OPTIONAL: Glass of water																					
Activities	Monday			Tuesday			Wednesday			Thursday			Friday			Saturday			Sunday		
Baby Straw Pops 59:31 10 LOUD ones																					
L-O-N-G Smoochies 59:54 10 seconds, 5 repetitions																					
Fat-Skinny-Taco 1:00:38 10 cycles																					
K Sound, Squirt Swallow 1:01:29 10 repetitions																					
Back-Middle-Tip Rolling Swallow 1:02:24 20 swallows																					
Stick-Squirt Swallow 1:03:16 10 swallows																					
Soft Palate/Uvula Pull 1:03:57 2 seconds, 6+ times																					
Interrupted Gargling 1:04:39																					
Screaming Gs! 1:05:05 10-15 repetitions																					
The Camel 3 repetitions with 4 weights																					
DND Activity – Multi-Elastics 1:05:35 30 minutes																					

Self Check I 1:05:52

Weeks 11 and 12 Have Available: Mirror, toothbrush, elastics, stick, squirt bottle, various horns, sugar-free mints
OPTIONAL: Cold flatware piece or small frozen popsicle, wooden skewer or chopstick, 3 tongue depressors or flatware, peanut butter, rice or other grains, curly straw

Activities	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<u>Tongue Stimulation</u> 1:08:46							
<u>Tongue Isometrics</u> 1:10:14 Count to 5 each location, 5 times							
<u>Tongue Drags</u> 1:10:56 20 repetitions							
<u>Peanut Butter Rub [Alternate]</u> 1:11:24 20 cycles							
<u>Squirt Swallow/Squirt-Stick Swallow Combo</u> 1:12:05 5 each; alternate through 20 swallows							
<u>Water Trap Swallow</u> 1:13:15 10 repetitions							
<u>Blowing</u> 1:13:45							
<u>Lip Squeaks</u> 1:14:06 10 seconds, 2 times							
<u>Grain Picker [Optional]</u> 1:14:22							
<u>Curley Straw Suction [Optional]</u> 1:15:05							
<u>EEE-OOO</u> 1:15:31 10 cycles							
<u>Move That Tube!</u> 1:16:05 2 minutes							
<u>The Camel</u> 1:16:40 3 repetitions with all 5 weights!							
<u>Quiet Slurp and Swallow DND</u> 1:16:54							

Weeks 13 and 14 Have Available: Mirror, glass of water, orthodontic elastics, squirt bottle, soft foods (yogurt, applesauce, guacamole), metal spoon,
crackers or vegetable chips, popsicle stick, sugar-free mints

OPTIONAL: Cocktail straw, peanut butter

Activities	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<u>To and Fro Swish and Swallow</u> 1:17:15 4 repetitions							
<u>Saliva Slurp and Swallow</u> 1:18:11 10 times each side							
<u>Walrus Squirt and Swallow [Optional Alternative]</u> 1:18:38 10 times to each side							
<u>Peanut Butter Swallow</u> 1:19:34							
<u>Soft Food Swallow</u> 1:20:32 6 bites							
<u>Cracker Swallow</u> 1:21:52 6 Crackers							
<u>1-2-3 Swallow</u> 1:22:42 5 in quick succession							
<u>DND Mint Swallow</u> 1:24:12 This time, 3 times a day! Last time just before bedtime.							
<u>Begin Nighttime Routine</u> 1:24:47							



Weeks 15 and 16 Have Available: Mirror, glass of water, tongue depressor, straw, orthodontic elastics, bottled or canned drinks, sugar-free gum

OPTIONAL: oral screen (lip-o-ciser), citrus or green pepper wedge. Be creative!

Activities	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<u>Advanced Water Trap Check</u> 1:26:58 10 repetitions							
<u>Straw Swallow</u> 1:27:38 Sip at least 4 ounces							
<u>Sip Swallow</u> 1:28:04 10 sips							
<u>Continuous Sip Swallow</u> 1:28:48 10+ swallows							
<u>Bottles and Cans</u> 1:29:07							
<u>Chewing Gum</u> 1:29:52							
<u>DND – Your Choice!</u> 1:30:30 30+ minutes							
<u>Continue Nighttime Routine</u>							

Self-check II 1:31:23



Part III Making Activities into Habits! Weeks 17 and 18 plus Year Long Follow Through Necessary for nerve/muscle connections to become habit.

Have Available: Mirror, various foods, orthodontic elastics, candle, paper

Activities	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<u>“Bolus” Control and Clean-Up Swallow</u> 1:33:25 4+ bites							
<u>Multiple Bite Finger Foods</u> 1:35:12							
<u>Multiple Textured Foods</u> 1:36:16							
<u>Eating Typical Foods Correctly</u> 1:37:38 Half of daily main meal							
<u>All Liquids</u> 1:38:20							
<u>DND Your Choice</u> 30-60 minutes a day							
<u>Free-flowing Diction</u> 1:38:58							
<u>Repetitive Word Lists</u> 1:39:23 [work different parts of the tongue] Rotate through the lists daily, repeating each list 10 times							

Part IV BONUSES:

Pill Swallowing 1:43:22

Postural Activities for Those with Forward Head Posture 1:45:27

Do You Need to Do Buteyko Breathing Exercises? 1:49:24

Frenum Release Weeks 1 and 2 1:51:45

Frenectomy Follow-Up: Week 1

Have Available: Tongue Depressors (optional); orthodontic elastic, rice grain or ¼ of a raisin

Activities	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<u>Making a Point</u> 1:51:53 Practice until you have it!							
<u>Lizard/Snake</u> 1:53:00							
<u>Waggle Flap</u> 1:53:23 (As with the above Lizard exercise, 1 st stick your tongue out as far as possible to make the point)							
<u>Waggle Spot</u> 1:53:34							
<u>Tongue Pop</u> 1:53:48							
<u>For Improved Healing:</u> (1:54:08) Rinse with warm salt water several times a day and Alternate ozonated oil applications if you have it, with Vitamin E oil 40,000 IUs							
KEEP YOUR TONGUE MOVING!!!!							

Frenectomy Follow-Up: Week 2

Have Available: Pencil or Chopstick, tongue depressors

Activities	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<u>Pencil Pulls</u> 1:54:51							
<u>Caves</u> 1:55:12							
<u>Jaw Breaker</u> 1:55:43							
<u>Peanut Butter Rub</u> 1:56:05							
<u>Tongue Depressor Push-Ups</u> 1:56:56							
<u>Tongue Point and Trace</u> 1:57:19							

WORD LISTS

Repeat each list 10 times with energy

1. Repetitive “Spot”

**ten teen tide tile tote
den dot doll dude dine
lean lot lid late load
neat not need noon nod**

2. CH and J sounds work the Middle Tongue and Lateral Borders

**chin chat chill chile church
Chinchillas cheat at checkers.
jet jelly genie Judy John**

**3. notch latch ditch Dutch nacho
dodge judge lodge nudge change
shin shawl shade shout shown
lush dish dash leash**

4. Posterior part of the tongue and roof of the mouth

**gag tag gate tug lag
gown leg gone goal
nag dog get egg goon**

**5. log duck kid lock
cat tack cane coat
lake neck lock cool**

Many people have trouble with the Tube Drink on weeks 5 & 6 at first. This is because they have not quite yet mastered pulling suction to the back of the mouth. There are several activities one can do to help with this mastery:

Go to minute 1:15:05 and practice the curley straw suction. You might also want to get some xylimelts or other xylitol-based mints (Whole Foods or Central Market or other health food store). Xylimelts simply last for over an hour and one side attaches to your cheek, so it is good for practicing suction. Mints create extra saliva, which you have to draw back to the back of your mouth before you swallow. You can also jump around and do some of these until it becomes possible:

STRAW AND PAPER (36:04)

- **Place the straw between your lips**
- **Create a suction and pick up a 2 inch square piece of paper. You can add larger sizes to improve your suction power!**
- **Hold for a count of 10 count; repeat 5 times**

FISH/TURTLE LIPS (48:30)

- **Suck cheeks in between teeth and hold**
- **Try to pull upper lip over lower lip**
- **Hold for 10-20 counts**

CORK POPS (54:47)

- **Place cork in your mouth and close your lips around it.**
- **Suck in cheeks while pulling outwards on the cork**
- **Do not use your teeth to hold the cork. Just suction.**
- **Hold for 10 counts before you pop it out. 5 repetitions**

KNOTTY STRAW POPS

- **Tie knot on end of large straw**
- **Place the open end against your front teeth.**
- **Place your tongue tip to your spot**
- **Seal your lips tightly and suck on straw (feel how the pressure moves your cheeks and lips against your teeth like the turtle lips)**
- **Repeat and maintain sucking posture as you pull out the straw, making a popping sound; 10 repetitions**

BABY STRAW POPS (59:31)

- **Tongue to SPOT**
- **Close teeth**
- **Place small coffee straw between lips and against teeth**
- **Seal bottom end of straw with finger and suck on straw**
- **Maintain sucking posture as you pull out straw making a popping sound; 10 repetitions**