

# Tongue Exercises

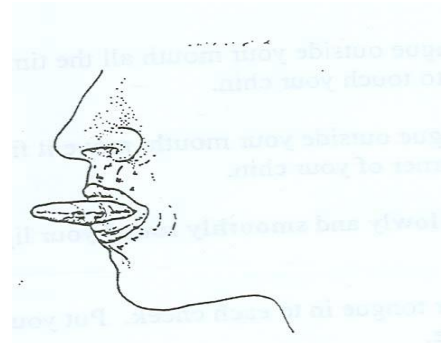
This leaflet explains some exercises that are designed to help maximise the range, strength and control of your tongue movements which are important for speech and swallowing. You may have reduced tongue movement and strength following treatment for head and neck cancer.

## Tips and advice

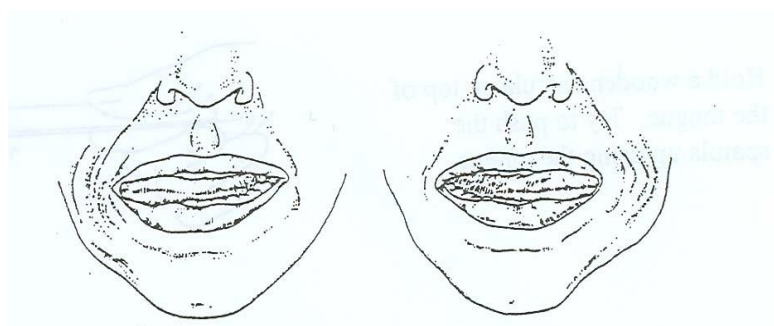
You may find it helpful to look at yourself in a mirror whilst you do these exercises – making sure your lower jaw stays as still and central as possible. You are aiming for control and precision of movement as much as range, strength or speed. Repeat all exercises **three times a day**.

## Exercises

1. Stick your tongue out as far as possible and hold for 5-30 seconds. Relax for a few seconds, then repeat five times.



2. Stick out your tongue as far as you can and across to the right corner of your lip – aiming for the lip crease – hold for 5-30 seconds. Do the same to the left lip crease. Repeat five times on each side



3. Sticking out your tongue as far as possible, lick all the way around your lips / teeth, slowly and smoothly. You may find it helpful to place a bit of food on your lip / front tooth / gum and aim for this. Repeat five times in each direction.
4. Sweep your tongue over the roof of your mouth from front to back. Repeat five times.

## Contact us

If you have any questions or concerns, including new pain when performing tongue stretches, please contact your speech and language therapist on 020 8725 1163 (Monday to Friday, 8.30am to 4.30pm). Out of hours, please leave a message.

**For more information leaflets on conditions, procedures, treatments and services offered at our hospitals, please visit [www.stgeorges.nhs.uk](http://www.stgeorges.nhs.uk)**

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## Additional services

### Patient Advice and Liaison Service (PALS)

PALS can offer you advice and information when you have comments or concerns about our services or care. You can contact the PALS team on the advisory telephone line Monday, Tuesday, Thursday and Friday from 2pm to 5pm.

A Walk-in service is available:

Monday, Tuesday and Thursday between 10am and 4pm

Friday between 10am and 2pm.

Please contact PALS in advance to check if there are any changes to opening times.

The Walk-in and Advisory telephone services are closed on Wednesdays.

PALS is based within the hospital in the ground floor main corridor between Grosvenor and Lanesborough Wing.

**Tel:** 020 8725 2453 **Email:** [pals@stgeorges.nhs.uk](mailto:pals@stgeorges.nhs.uk)

## NHS Choices

NHS Choices provides online information and guidance on all aspects of health and healthcare, to help you make decisions about your health. **Web:** [www.nhs.uk](http://www.nhs.uk)

## NHS 111

You can call 111 when you need medical help fast but it's not a 999 emergency. NHS 111 is available 24 hours a day, 365 days a year. Calls are free from landlines and mobile phones. **Tel:** 111

## AccessAble

You can download accessibility guides for all our services by searching 'St George's Hospital' on the AccessAble website ([www.accessable.co.uk](http://www.accessable.co.uk)). The guides are designed to ensure everyone – including those with accessibility needs – can access our hospital and community sites with confidence.



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