

SELECTING THE RIGHT EXERCISES



Great Lakes
DENTAL TECHNOLOGIES

EXERCISE PRESCRIPTION CHART

EXERCISE	BLOW YOUR NOSE	NASAL BREATHING	LINGUAL/TONGUE POSTURE	LINGUAL FRENUM	LIP TONING	LABIO-MENTALIS	MASTICATION
DESCRIPTION	Cleansing and decongestion Humidification Blow the nose	Abdominal inhalation/exhalation Unilateral alternate nasal ventilation In the effort	Tic-Tac candy Elastic	Cleaning dental arches with tongue Tongue into palate Catch nose tip	Upper and lower lips Lower lip only	The monkey The bubble	Mastication at the opposite side of crossbite
OPEN BITE	✓	✓	✓		✓		
CROSSBITE	✓						✓
OVERBITE	✓					✓	
TONGUE POSTURE	✓		✓				
TONGUE PUSHING FORWARD	✓		✓				
LINGUAL FRENUM	✓		✓	✓			
LABIO-MENTALIS	✓		✓			✓	
INEFFICIENT LIP CONTACT	✓	✓			✓		
SHORT UPPER LIP	✓				✓		
MOUTH BREATHING	✓	✓	✓		✓		
ATYPICAL SWALLOWING	✓		✓				

AM I BLOWING MY NOSE CORRECTLY?



- Tilt your head back and pour a nasal cleansing solution into each nostril
- Bring your head forward and blow your nose one nostril at a time
- Never blow both nostrils at the same time

Perform regularly, 4 -5 times a day.



This boy has a cold with a runny nose. He knows how to blow his nose correctly. Do you?



He unfolds his tissue and places it over his nose like a mask.



Behind the tissue, he opens his mouth and inhales deeply.



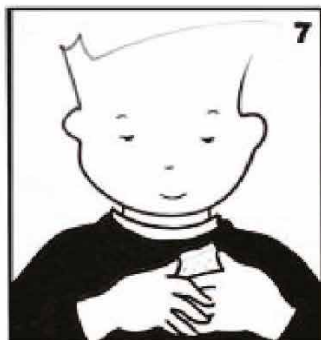
He presses on a nostril with a finger, closes his mouth and blows very hard out the other nostril.



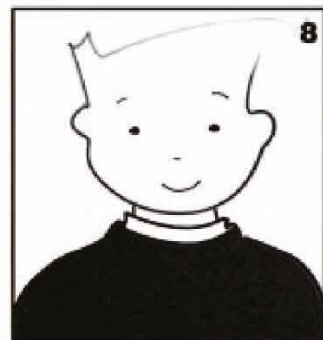
He changes to pressing on the other nostril with a finger and blows hard again. It sounds funny!



He folds the tissue, wipes his nose, and throws it away.



When he has a cold, he always carries a pack of tissues.



Now his nose is clear and he is happy!

NASAL BREATHING EXERCISES

Appliance in mouth

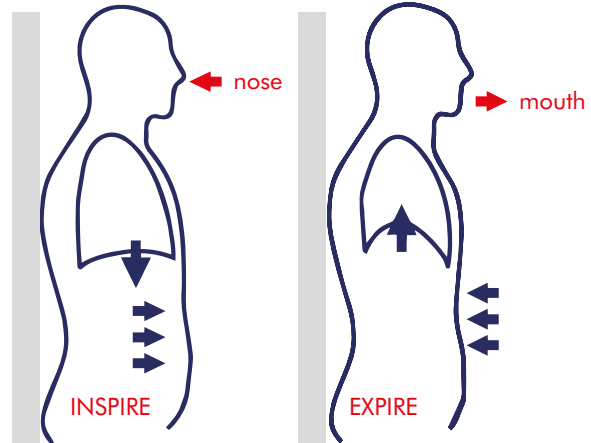
EXERCISE 1 :

Position yourself with back straight against a wall.

Breathe in through the nose (count up to 10 seconds) while inflating your lungs and belly, then exhale slowly.

Repeat 10 times

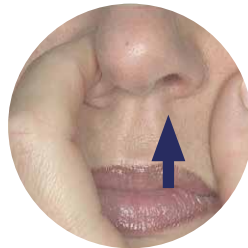
To be done once a day.



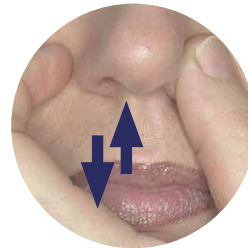
EXERCISE 2 : NOSTRIL PER NOSTRIL BREATHING to be done 5 times per nostril



Starting position:
lips are closed



Press on right nostril :
Inhale through left nostril



Press on left nostril :
Exhale through right nostril -
then inhale through right nostril



Press on right nostril :
Exhale through left nostril

EXERCISE 3 :

Place U Concept device in mouth, close your lips, breathe quietly through your nose and walk around while counting up to 20. Increase the wearing time and walking speed once you get used to the appliance.

Repeat 3 times

If necessary, you can apply a finger on your lips to keep them closed while doing the above exercise.



TONGUE EXERCISE

EXERCISE 1 : « TIC-TAC »

With appliance in the mouth.

- Place a “Tic-Tac” or similar candy on the tongue tip
- Place device in mouth
- Apply then “Tic-Tac” or similar candy onto the palate
- Close the lips and let it melt

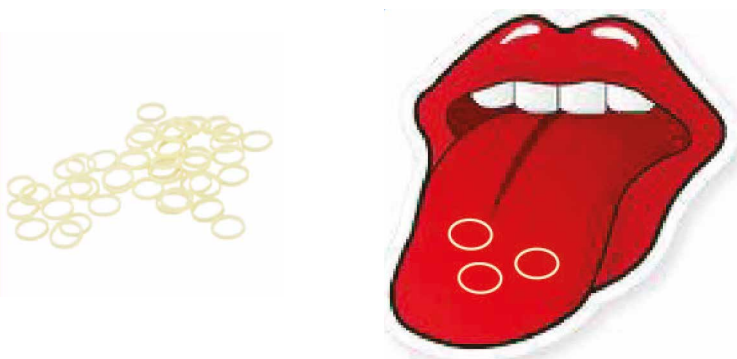


EXERCISE 2 : THE ELASTIC

Without appliance.

- Take the intra-oral elastic provided by your doctor and place it on your tongue tip
- Slightly press tongue tip against the palate and try to keep it in that position as long as possible

Exercise should be practiced 2 to 3 hours per day, and 2 times 30 minutes while talking.



LINGUAL FRENULUM EXERCISES

EXERCISE 1

Keep tongue against palate for 10 seconds, mouth opened, then relax.

Repeat 10 times.



EXERCISE 2

Try to catch the tip of your nose with your tongue tip.

Repeat 10 times.



EXERCISE 3

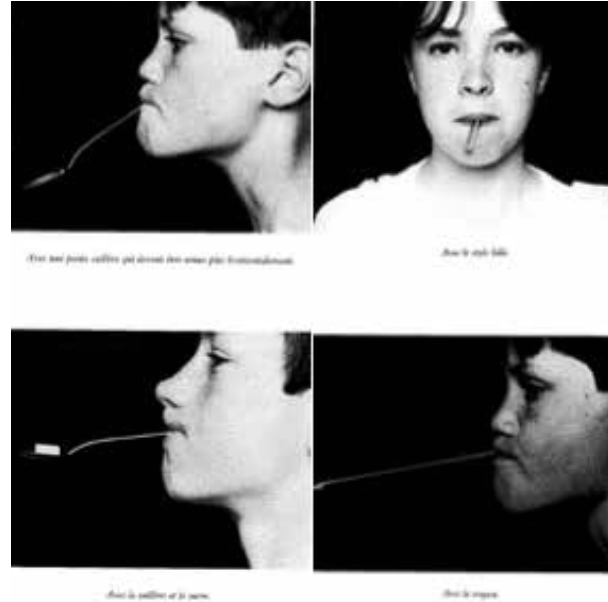
Use tongue to clean lips and buccal side of dental arches sweeping it from one side to the other.

Repeat 5 times for left to right and 5 times from right to left.



UPPER AND LOWER LIP TONING

By Maryvonne Fournier



Place a small empty spoon as shown on the photos between upper and lower lips only (do not use your teeth to maintain it) and hold it horizontally for as long as you can.

Repeat this exercise 10 times/day.

Once you are able to hold the empty spoon horizontally, place a piece of sugar in it and repeat the exercise.

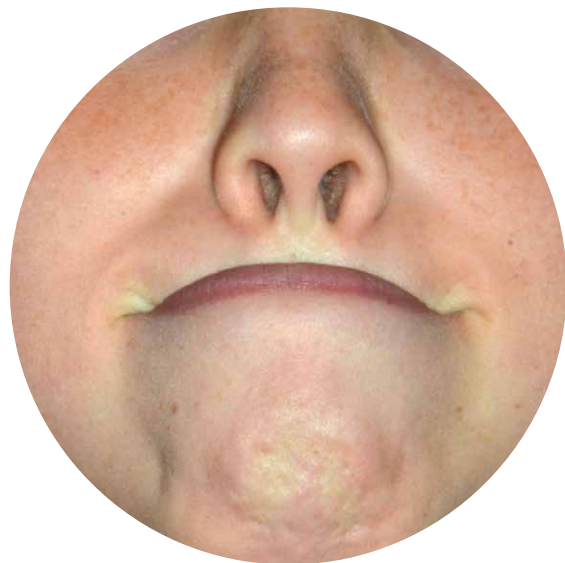
You can also use a pen for this exercise.

LOWER LIP TONING

EXERCISE 1

- Bring the lower lip as close to the nose as possible, without using your fingers
- Pull on the upper lip using lower lip muscles

Repeat several times per day



EXERCISE 2

- Press the lower lip firmly under the base of the nose
- Hold the pressure for 5 to 10 seconds and release

Repeat 10-15 times

MENTOLABIAL SULCUS

EXERCISE 1: THE MONKEY

- Place your tongue between lower incisors and lips
- Move the tongue from one side to the other, and stretch mentolabial sulcus
- Try to push down the tongue tip as much as possible

Practice during 30 seconds, 10 times per day



EXERCISE 2: THE BUBBLE

- Form an air bubble between your lower lip and the lower front teeth until the chin muscles are extended.
- Move the bubble as much down as possible

Practice during 30 seconds, 10 times per day

CHECK POINTS:

- Chin muscles must be extended
- Mentolabial sulcus disappears



ALTERNATIVE UNILATERAL MASTICATION

Teach your child to bite into hard food as early as possible and masticate **ON BOTH SIDES**.

A crossbite (upper teeth inside lower teeth) produces a unilateral mastication only on the side of the crossbite.

Right side crossbite



Normal bite



In case of a crossbite, the patient has to learn and train to masticate on opposite side of the crossbite **at every meal**.