

Jimicsiga Xoojinta Wajiga

Facial Strengthening Exercises

These exercises will help the strength and range of motion for your jaw, cheeks, lips and tongue. People with trouble speaking clearly, swallowing problems, or muscle weakness of the mouth may benefit from these exercises.

Do these exercises _____ times each day as directed by your doctor, nurse or therapist.

For some of the exercises, you will need a small flat wooden stick, like an ice cream bar stick or a tongue blade.

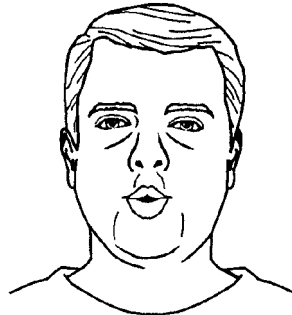
Jimicsigaan wuxuu caawinayaa kartida iyo dhaqaaqa kala duwan ee daankaaga, dhabanaha, faruuraha iyo carabka. Dadka ku qabo dhibaato inay si cad u hadlaan, dhibaatooyinka laqitaanka, ama tabar darada murqaha afka waxay ka faa'idi karaan jimicsigaan.

Samey jimicsiyadaan _____ jeer maalin walba sida uu kuu tilmaamay dhaqtarkaaga, kalkaalisada ama dhaqtarka daaweeyaha.

Wixii qaar ka mid ah jimicsiga, waxaad u baahanaysaa ul yar oo alwaax simman ah, sida qeybta usha jalaatadae ama alwaaxa carabka.

□ Pucker

1. Pucker your lips like you are going to give someone a kiss. Hold for 5 seconds.



2. Pucker your lips and move your pucker from one side to the other. Do not move your tongue. Repeat this 10 times.



3. Close your lips tightly and say "m...m...m", then "p...p...p", then "b...b...b".

□ Duubida

1. U duub faruurahaaga sida adoo qof shumayo. Haay qiyaastii 5 ilbiriqsi.

2. Duub faruurahaaga oo ka dhaqaaji duubidaada hal dhinac ee ku dhinaca kale. Ha dhaqaajin carabkaaga. Ku celi midaan 10 jeer.

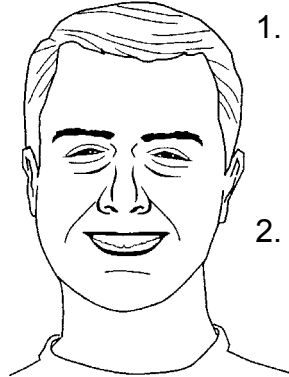
3. U xir faruurahaaga si dhuuqsan oo dheh "m...m...m", kadib "p...p...p", kadib "b...b...b".

4. For more lip closure practice, say “me... me...me”, “pe...pe...pe”, “be... be...be”.

4. Wixii ku dhaqanka xirida badan ee faruurta, dheh “me... me...me”, “pe... pe...pe”, “be...be...be”.

☐ Smile

1. Smile, showing your upper and lower teeth and gums. Clench your teeth gently. Do not squint your eyes. Hold for 5 seconds.
2. Pucker your lips then smile. Repeat this 10 times.

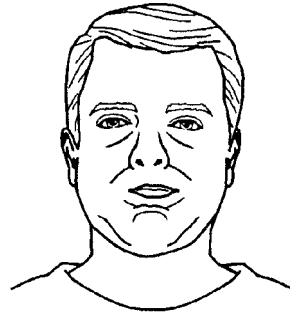


☐ Dhoola cadeynta

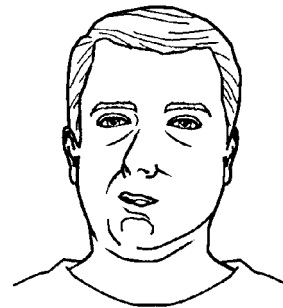
1. Dhoolo cadey, adiga oo muujinayo ilkahaaga kore iyo hoose iyo ciridkaaga. Si tartiib ah u adkeey ilkahaaga. Haku eegin qof kale indhahaaga. Haay qiyaastii 5 ilbiriqsi.
2. Duub faruurahaaga kadib qosol. Ku celi midaan 10 jeer.

☐ Cheek Puff

1. Take in a deep breath and puff your cheeks out. Hold the air in your cheeks by tightly closing your lips together. Hold the air in your cheeks for 5 seconds.
2. Take in another deep breath and only hold air in your left cheek. Then switch and hold air only in your right cheek.



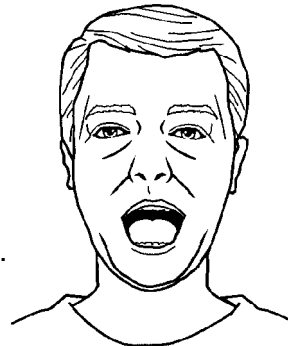
☐ Buufinta Dhabanka



1. Qaado neefsi qoto dheer oo banaanka u buufi dhabankaaga. Ku haay aariyada dhabnahaaga oo si dhuuqsan ah adiga oo wada xirayo faruurahaaga si wada jir ah. Ku haay aariyada dhabankaaga oo 5 ilbiriqsi ah.
2. Qaado neefsi kaloo qoto dheer iyo kaliya ku haay neefta dhabankaaga bidix. Kadib badel oo ku qabo aariyada kaliya dhabankaaga midig.

☐ “O” Exercise

1. Start with your jaw wide open and hide your teeth under your lips. Purse your lips in an “O” shape.
2. Repeat this 10 times.



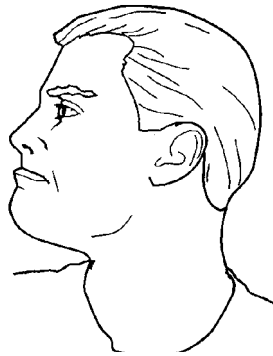
☐ “O” Jimicsiga

1. Ku bilow daankaaga oo si balaaran u furan oo ku qari ilkahaaga hoosta faruurahaaga. Ka dhig faruurahaaga sida qaabka “O”.
2. Ku celi midaan 10 jeer.



□ Lower Lip Lift

1. Lift your lower lip up as high as it will go as if you were pouting. Hold this for 5 to 10 seconds.
2. To work your neck, raise your head up and hold while you have your lip up.

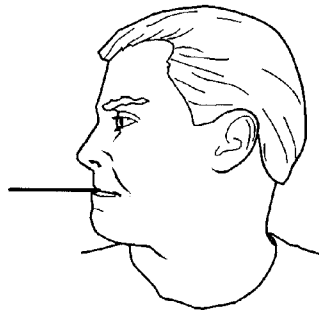


□ Qaadista Faruurta Hoose

1. Kor u qaad faruurtaada hoose sida sareyso ee ay noqoneyso sida adiga oo xanaaqsan. Haay midaan 5 illaa 10 ilibiriqsi.
2. Si aad uga shaqeysid qoortaada, kor u qaad madaxaaga oo hay adiga oo kor u hayo faruurtaada.

□ Lip Hold

1. Put a small flat stick or tongue blade between your lips.
2. Press only with your lips and hold the stick straight out from your mouth.
3. Hold the stick for 1 minute, or as long as you can.



□ Haynta Farruurta

1. Geli ul yar oo simman ama alwaaxa carabka inta u dhaxeeyso faruurahaaga.
2. Ku riix kaliya faruurtaada oo uga hay usha si toos ah afkaaga.
3. Haay usha 1 daqiiqo, ama haddiiba aad awoodid.

□ Straight Tongue Stretch

1. Open your mouth and stick your tongue straight out, as far as it will go.
2. Stretch it out as far as you can.

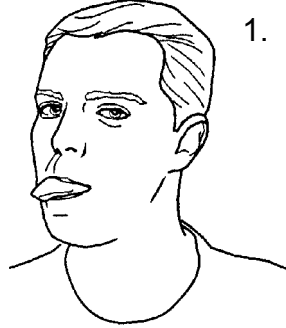


□ Balaarinta Carabka Toosan

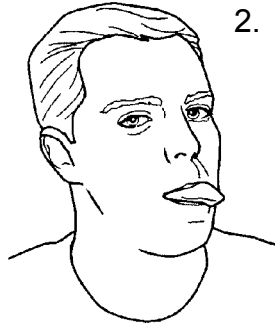
1. Kala fur afkaaga oo banaanka ugu soo si toosan carabkaaga, sida dheer uu gaarayo.
2. Banaanka ku kala bixi sida dheer ee aad awoodid.

☐ Side Tongue Stretch

1. Stick your tongue out to the right side of your mouth. Stretch it to the right as far as you can for 10 seconds.



2. Stick your tongue out the left side of your mouth. Stretch it to the left as far as you can and hold it for 10 seconds.



3. Stick your tongue out and move it quickly from side to side, being sure to touch the corner of your mouth on each side each time.

☐ Balaarinta Carabka Dhinaca

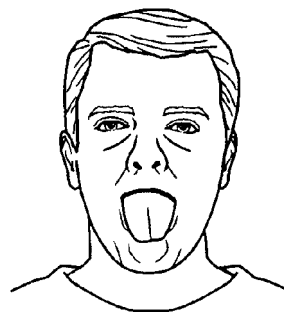
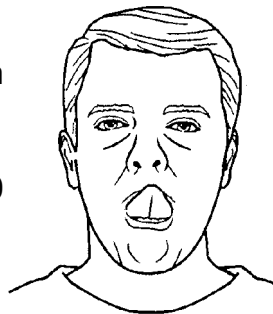
1. U soo bixi carabkaaga banaanka ee dhinaca midig ee afkaaga. Banaanka ku kala bixi dhinaca midig sida dheer ee aad awoodid oo 10 ilbiriqsi.

2. U soo bixi carabkaaga banaanka ee dhinaca bidix ee afkaaga. Banaanka ku kala bixi dhinaca bidix sida dheer ee aad awoodid oo qabo 10 ilbiriqsi.

3. U soo bixi carabkaaga banaanka oo dhaqso ka dhaqaaji dhinac ka dhinac, adiga oo hubinayo inaad geeska taabatid ee afkaaga oo dhinac walba waqti walba.

☐ Up and Down Tongue Stretch

1. Open your mouth and stick your tongue out and down toward your chin. Stretch your tongue down and hold for 10 seconds.
2. Open your mouth and stick your tongue up toward your nose. Stretch your tongue up and hold for 10 seconds.



☐ Kala bixinta Carabka ee Kor iyo Hoos

1. Kala fur afkaaga oo banaanka u soo bixi carabkaaga iyo hoosta dhinaca garkaaga. Hoos u kala bixi carabkaaga oo hay 10 ilbiriqsi.
2. Kala fur afkaaga oo u soo bixi carabkaaga kor dhinaca sankaa. Kor u kala bixi carabkaaga oo hay 10 ilbiriqsi.

□ Tongue Sweep

1. Slide your tongue along the outside of your teeth and gums, making circles in your mouth. Start at the top and sweep all the way around the top teeth and gums.
2. Then switch and sweep all the way around the bottom teeth and gums.

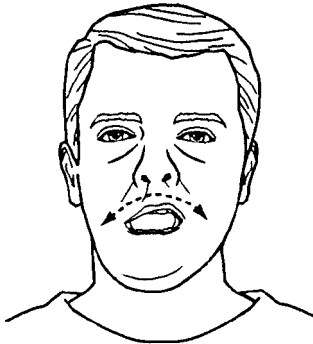


□ Nadiifinta Carabka

1. Soo bixi carabkaaga illaa banaanka ilkahaaga iyo ciridka, adiga oo wareeg ku sameynayo afkaaga. Ku bilow dusha oo ku nadiifi agagaarka ilkaha iyo ciridka.
2. Kadib badel oo ku nadiifi illaa agagaarka hoosta ilkaha iyo ciridka.

□ Teeth Sweep

1. Touch the tip of your tongue to the biting surface of your upper front teeth.
2. Slide your tongue tip along your tooth line to the far right and hold for 5 seconds.
3. Then slide your tongue along your tooth line to the far left and hold for 5 seconds.
4. Now repeat along the biting surfaces of your bottom teeth.

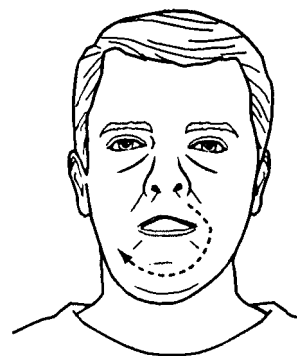


□ Nadiifinta Ilkaha

1. Taabo fiida carabkaaga ee dusha qaniinka ee ilkahaaga kore ee hore.
2. La soo bixi fiida carabkaaga leenka ilkahaaga ee dhinaca midigta dheer oo haay 5 ilbiriqsi.
3. Kadib la soo bixi carabkaaga leenka ilkahaaga ee bidixda dheer oo hay 5 ilbiriqsi.
4. Hadeer kula celi dusha qaniinyada ee ilkahaaga hoose.

□ Lick Your Lips

1. Use the tip of your tongue and raise and lower it as you lick your lips.
2. Repeat this 10 times.

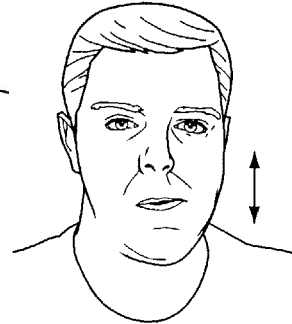
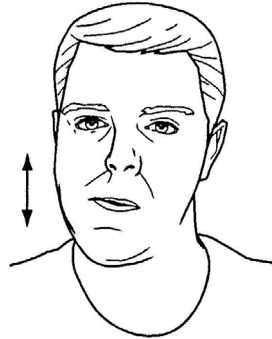


□ Leef Farruurahaaga

1. Isticmaal fiida carabkaaga oo kor u qaad oo hoos u dhig adiga oo leefayo farruurahaaga.
2. Ku celi midaan 10 jeer.

□ Tongue in Cheek Push

1. Push your tongue against the inside of your right cheek and move it up and down. Repeat this 10 times.
2. Now do the same on the left cheek.



3. Push your tongue against the inside of your right cheek. Put your finger on the outside of your cheek and push back against your tongue. Hold for 5 seconds.
4. Now do the same on the left cheek.



□ Carabka ku jiro Riixida Dhabanka

1. Ku riix carabkaaga gudaha dhabanka midigtaada oo kor iyo hoos ku dhaqaaji. Ku celi midaan 10 jeer.
2. Hadeer ku samey isla sidaas dhabanka bidix.

3. Ku riix carabkaaga gudaha dhabanka midigtaada oo kor. Geli fartaada banaanka dhabankaaga oo gadaal kula riix carabkaaga. Haay qiyaastii 5 ilbiriqsi.
4. Hadeer ku samey isla sidaas dhabanka bidix.

□ Tongue Blade

1. Stick your tongue out straight. Press your tongue tip out against a flat wooden stick, tongue blade or plastic spoon 2 or 3 times. Now press the stick in while you push you tongue tip out against the stick. Hold this for 10 seconds.



□ Alwaaxa Carabka

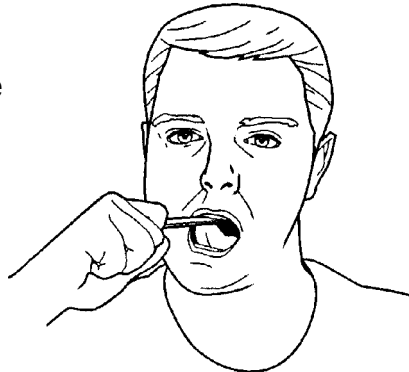
1. U soo bixi carabkaaga banaanka si toos ah. Kula riix fiida banaanka carabkaaga usha alwaaxa simman, alwaaxa carabka ama qaadada bacda ah 2 ama 3 jeer. Hadeer ku riix usha adiga oo kula riixayo fiida carabka usha. Haay midaan 10 ilbiriqsi.

- Put the stick against one side of your tongue. Push the side of your tongue against the stick while you push the stick in. Hold for 10 seconds. Repeat on the other side of your tongue.



- Geli usha ee ka soo horjeedo hal dhinac oo carabkaaga ah. Kula riix dhinaca carabkaaga usha adiga oo gudaha u riixayo usha. Haay 10 ilbiriqsi. Ku celi dhinaca kale ee carabkaaga.

- Place the stick on top of your tongue tip. Press your tongue up against the stick as you push down on the stick. Hold for 10 seconds.



- Ku meeley usha dusha fiida carabkaaga. Kula riix carabkaaga kor usha adiga oo hoos u riixayo usha. Haay qiyaastii 10 ilbiriqsi.

- Then place the stick under your tongue tip and push down against the stick while you push up on the stick. Hold this for 10 seconds.



- Kadib geli usha hoosta fiida carabkaaga oo hoos uga riix usha adiga oo kor u riixayo usha. Haay midaan 10 ilbiriqsi.