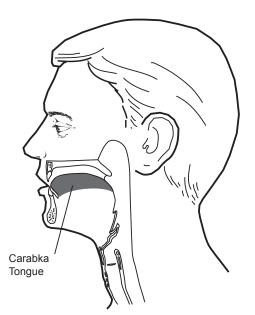
# Jimicsiga Xoojinta Goobta Carabka

# **Tongue Base Strengthening Exercises**

The base of your tongue is key in making pressure to help you swallow. These exercises will strengthen and improve the movement of your tongue base. These exercises can help some people with swallowing problems.

- These exercises typically should not be done with any food in your mouth.
- Do these exercises \_\_\_\_\_ times each day as directed by your speech therapist or doctor.



Fadhiga carabkaaga waa muhiimka lagu sameynayo cadaadiska kuugu caawinayo la qida. Jimicsiyadaan waxay xoojinayaan oo sare u qaadayaan dhaqdhaqaaqa booska carabkaaga. Jimicsiyadaan waxay ku caawin karaan qaar ka mid ah dadka qaba dhibaatooyinka la qida.

- Jimicsiyadaan caadi ahaan waa inaanan lagu sameynin wax cunto ah ee afkaaga.
- Ku samey jimicsigaan \_\_\_\_\_ jeer maalin walba sida uu kuu tilmaamay daaweeyahaaga hadalka ama dhaqtarka.

#### **Exercises**

#### ☐ Masako Maneuver

Place the tip of your tongue between your front teeth or gums. Hold gently and swallow, keeping your tongue between your teeth or gums. It may feel awkward to swallow, but this will strengthen muscles in your throat.

Repeat \_\_\_\_\_ times.

#### □ Gauze Exercise

Place a rolled piece of gauze between your front teeth. Gently hold the gauze in place and swallow.

Repeat times.

### **Jimcisiga**

#### ☐ Masako Maneuver

Saar fiida carabkaaga inta u dhaxeyso ilkahaaga hore ama goosaha. Si tartiib ah u qabo oo laq, ku haynta carabkaaga inta u dhaxeyso ilkahaaga ama goosaha. Waxay dareemi kartaa foolxumida lagu liqayo, laakin tani waxay xoojineysaa murqaha dhuuntaada.

Ku celi \_\_\_\_\_ jeer.

## □ Jimicsiga Faashada

Ku meeley gabal duuban oo faashad ah inta u dhaxeyso ilkahaaga kore. Si tartiib ah ugu qabo faashada meel oo lig.

Ku celi \_\_\_\_\_ jeer.

Effortful Swallow	Dhibaatada Laqida
Swallow your saliva while you squeeze all of your mouth and neck muscles very hard.	Liq candhuuftaada adiga oo isugu qabanayo dhammaan afkaaga iyo murqaha qoortaada si aad u adag.
Repeat times.	Ku celi jeer.
Gargle Exercise	Jimicsiga Luqluqashada
Pull your tongue as far back in your mouth as you can. Pretend to gargle hard and then release.  Repeat times.	Jiid carabkaaga sida dheer gadaasha afkaaga sida aad awoodid. Iska dhig wax aad si adag u luluqaneysid iyo kadib siidaa. Ku celi jeer.
Tongue Pull-Back	Gadaal Ujiida Carabka
Stick your tongue straight out and then pull it as far back in your mouth as you can. Hold for 2 seconds.	Ku haay carabkaaga si toos ah iyo kadib u jiid gadaasha dheer ee afkaaga sida aad awoodid. Haay qiyaastii 2 ilbiriqsi.
Repeat times.	Ku celi jeer.
Yawn	Hamaansiga
Yawn and hold your mouth open as wide as you can for 1 second.  Repeat times.	Hamaansiga oo ku hay afkaaga si furan oo balacsan ee aad u awoodid oo 1 ilbiriqsi. Ku celi jeer.

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