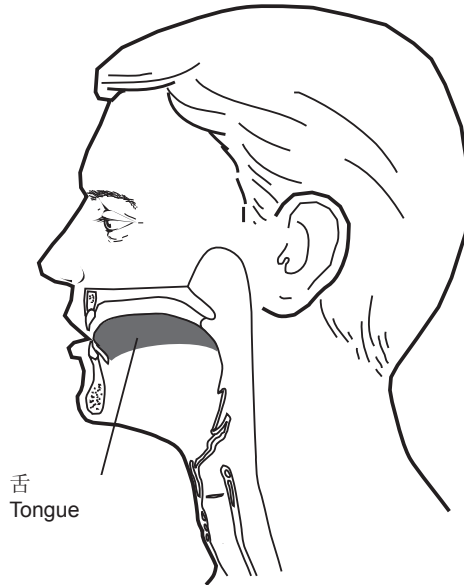


# 舌根強化練習

## 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.



舌根是製造壓力幫助吞嚥的關鍵。這些練習能強化並促進舌根活動。這些練習能幫助吞嚥有困難的人。

- 進行這些練習時嘴內不應有食物。
- 每天按照語言治療師或醫師的指導做\_\_\_\_\_次這些練習。

### 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.

### 練習

#### ☐ Masako 動作

將舌尖放在門牙或牙齦之間。輕輕咬住然後吞嚥，保持舌頭在牙齒或牙齦之間。可能感覺吞嚥困難，但這麼做能強化喉嚨內的肌肉。

重複\_\_\_\_\_次。

#### ☐ 紗布練習

在門牙之間放一卷紗布。輕輕咬住紗布，然後吞嚥。

重複\_\_\_\_\_次。

**❑ Effortful Swallow**

Swallow your saliva while you squeeze all of your mouth and neck muscles very hard.

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

**❑ Gargle Exercise**

Pull your tongue as far back in your mouth as you can. Pretend to gargle hard and then release.

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

**❑ Tongue Pull-Back**

Stick your tongue straight out and then pull it as far back in your mouth as you can. Hold for 2 seconds.

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

**❑ Yawn**

Yawn and hold your mouth open as wide as you can for 1 second.

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

**❑ 用力吞嚥**

吞下唾液，同時非常用力的擠壓整個口腔與頸部肌肉。

重複\_\_\_\_\_次。

**❑ 嗽口練習**

盡可能將舌頭往嘴巴內收。好像用勁嗽口一般，然後放鬆。

重複\_\_\_\_\_次。

**❑ 舌頭收回**

伸出舌頭，然後盡可能將舌頭拉回嘴巴最裡面。保持 2 秒。

重複\_\_\_\_\_次。

**❑ 打呵欠**

打呵欠，將嘴巴張到最大，維持 1 秒鐘。

重複\_\_\_\_\_次。