

How To Stop Tongue Thrusting

Tongue thrusting can lead to a number of orthodontic problems. If you have a tongue thrust, your tongue pushes forward between your upper and lower teeth every time you swallow. Tongue thrusting may be the result of thumb sucking, mouth breathing, swallowing challenges, an exceptionally large tongue, a muscular or neurological abnormality, or nasal congestion. Feelgood Orthodontics receives a number of questions related to tongue thrusting so we wanted to clear the air and give you the facts.



The good news is that you may be able to stop a tongue thrust in the comfort of your own home.

Tongue Exercises

Consider placing a sugar-free sweet (a raisin or cheerio will work, too) on the tip of your tongue. Then, press the tip of your tongue against the roof of your mouth. Make sure your tongue is pushing against the gum. Next, bite your teeth together and keep your lips apart. Lastly, swallow but be sure to keep your teeth together and lips apart.

Perform this exercise two times in the morning and two times in the evening. While you may find these exercises to be a real challenge initially, understand that they will get easier after your tongue gets used to them.

Sound Exercises

With the tip of the tongue positioned down behind the lower teeth, make the 'z' sound repeatedly.

Make a list of words that end with the 'z' sound i.e. buzz. Practice these words making sure the tongue tip stays down behind the bottom front teeth.

Put each 'z' word in a sentence or phrase and practice them, making sure the tongue tip stays down for the 'z' sound.

Exercise Plan:

	MON	TUES	WEDS	THURS	FRI	SAT	SUN
Tongue Exercise							
Sound Exercise							