

## **EXERCISES FOR TONGUE THRUST AND OPEN BITE PATIENTS**

An open bite describes the lack of overlap of the upper and lower front teeth. This can have significant consequences to chewing food, speech, and tooth wear. An anterior tongue thrust during swallowing is usually seen in these cases. These exercises will help retrain the tongue and help close the open bite.

The goal is to repeat each exercise 10 times, and do these exercises 4 times per day. The exercises should take a few minutes to do.

1. Clicking
2. Slurp; Squeeze: & Swallow
3. Squeeze teeth together thorough the day
4. Drink fluids after meals
5. Chew gum 1hour per day (sugarless) with lips together