

## Myofunctional Prep Exercises

Face & tongue exercises to support breathing, speech, and smiles.



### How to breathe properly

Take a slow, deep breath in through your nose, allowing your belly or diaphragm to expand fully. As you exhale, let the breath out gently through your nose, feeling a sense of relaxation and calm.

**PRACTICE FOR** 2 min

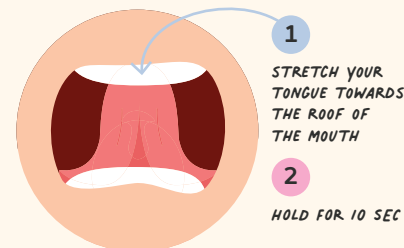


### Tongue-to-palate stretch

This exercise supports proper tongue resting posture. Keep your mouth open and stretch your tongue up toward the roof of your mouth. It's important to maintain a wide-open jaw throughout the entire stretch.

**Hold for 10–20 sec.**

**REPEAT** 10X



### Granny surprise face

Roll your lips in over your teeth, and pretend you have no teeth. While you hold your mouth like that, next raise your eyebrows like you are surprised.

**Hold for 20 sec.**

**REPEAT** 20X

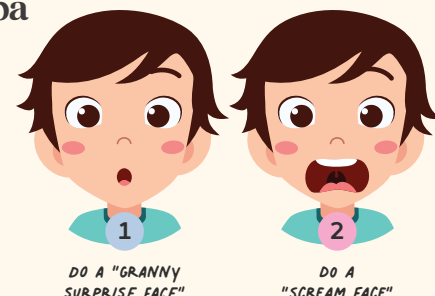


### Granny and grandpa screamers

Surprise face... scream face... surprise face... scream face... keep going for 10 rounds!

Do them whenever you have a chance!

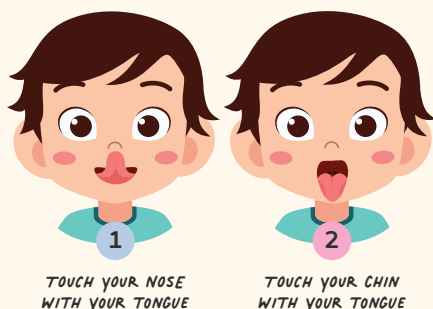
**REPEAT** 10X



### Tongue waggles

Keep your chin still, stick your tongue straight out, and move from one corner of your mouth to the other.

**REPEAT** 10X



### Puffer fish

This exercise can help you wear your guide more comfortably. Stand or sit upright in front of a mirror, close your lips tightly and puff out both cheeks by filling your mouth with air—like a puffer fish!

**HOLD FOR** 20–30 sec



### Lips closed around appliance

Check out the front of your guide, you should feel what are known as Labial Buttons. These little bumps right in front help your lips know where to rest. Sometimes this can be uncomfortable, but the goal is to work the lips so they learn where to rest.

**HOLD FOR** 2–3 min



**Don't forget to practice daily!**

YOU CAN ALSO WATCH DEMO VIDEOS OF ALL EXERCISES HERE.