

ORAL HEALTH FOR AN AGEING POPULATION

Exercises to prevent oral function decline

gargle



gargle

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Perform each exercise at least once a day to achieve optimal results.

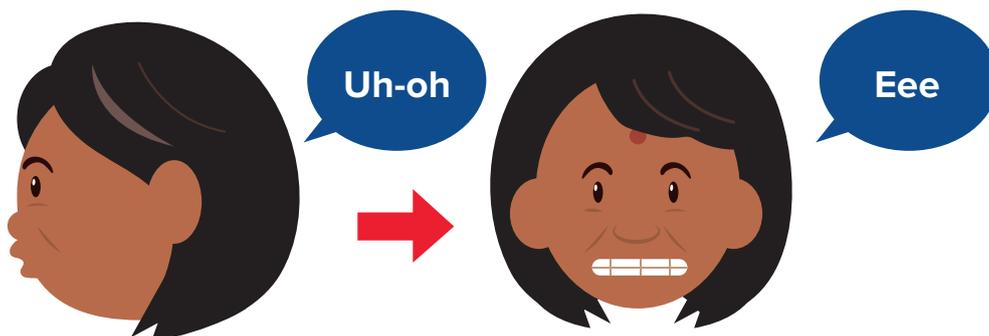
1. IMPROVE MOUTH AND TONGUE MOVEMENTS AND SALIVA PRODUCTION

To strengthen the muscles of the lips, cheeks, tongue and around the mouth.

MOUTH MUSCLES EXERCISE FOCUSING ON LIPS:

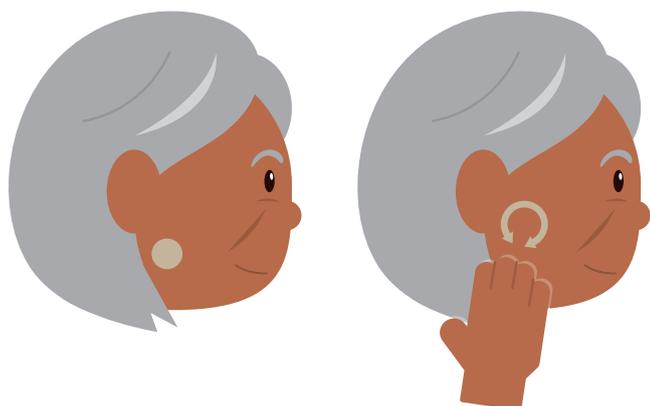
1. Purse your lips.
2. Open your mouth horizontally while pronouncing the sound "Eee".

Repeat 10 times.



LIP AND CHEEK MUSCLES EXERCISE:

1. Puff your cheeks with air or water.
2. Purse your lips several times.



PAROTID GLAND MASSAGE:

1. Use your fingers to massage the area in front of both ears (around the upper back tooth) circularly 10 times.

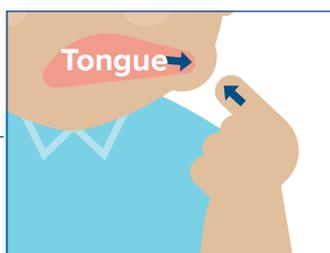
TONGUE EXERCISE:

1. Press your tongue firmly against the inside of your cheek.
2. From the outside of the cheek, press your finger against the tip of the tongue.
3. Resist by slowly pressing your tongue against the inside of your cheek.

Repeat 10 times for the left and right cheeks.



Let's repeat.



Press your tongue
and fingertips
together 10 times.



Pa Ta Ka Ra ...



PATAKARA EXERCISE:

1. Pronounce "Pa" and smack your lips together.
2. Pronounce "Ta" and place the tip of your tongue behind your upper anterior teeth.
3. Pronounce "Ka" and place the base of your tongue on the back of the upper jaw.
4. Pronounce "Ra" and curl your tongue.

Perform two sets of eight repetitions for each pronunciation.

Pa Ta Ka Ra ...

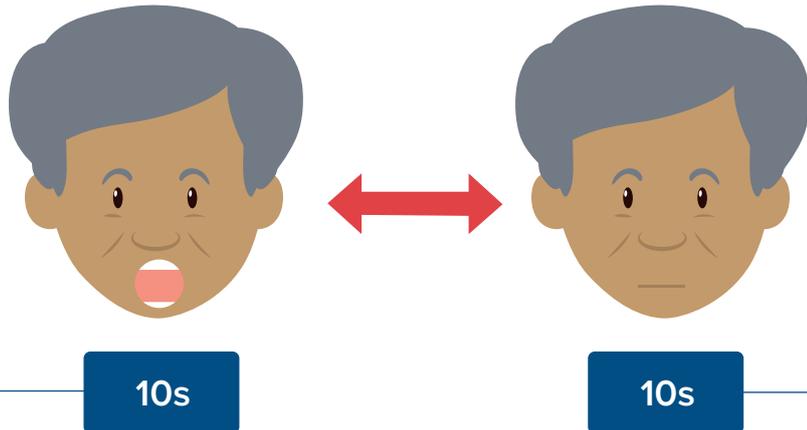
2. IMPROVE SWALLOWING POWER

To strengthen muscles needed for swallowing, which can help alleviate difficulties in swallowing and related symptoms, such as choking during meals.

MOUTH OPENING EXERCISE:

1. Slowly open your mouth wide and hold for 10 seconds.
2. Firmly close your mouth for 10 seconds to rest.

Repeat 10 times.



Be sure not to stick your tongue out too much!

TONGUE OUT EXERCISE:

1. Slightly stick out your tongue.
2. Close your mouth and swallow the saliva.

Repeat 10 times.

FOREHEAD EXERCISE:

1. Open your hand and press your palm against your forehead.
2. Count to five while looking towards your navel (belly button).

Repeat 10 times.

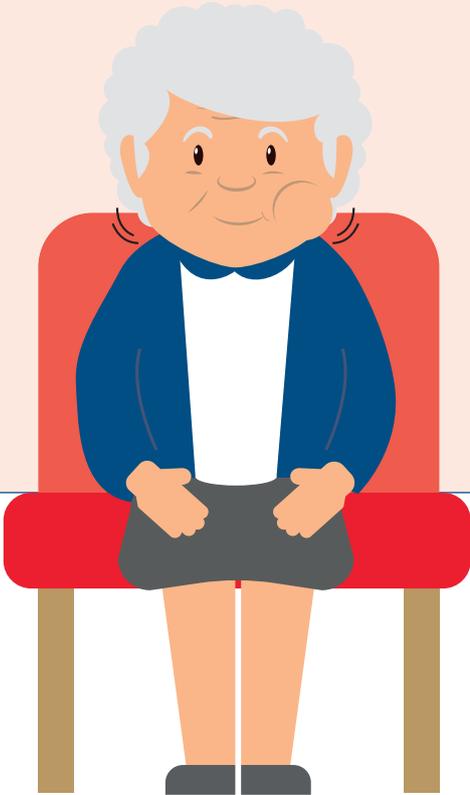
Avoid this exercise if you have neck pain or high blood pressure.



3. IMPROVE CHEWING POWER

To prevent food from flowing into your nose and from spilling out of the mouth while eating.

- Correct posture.
- Chew on both left and right sides.

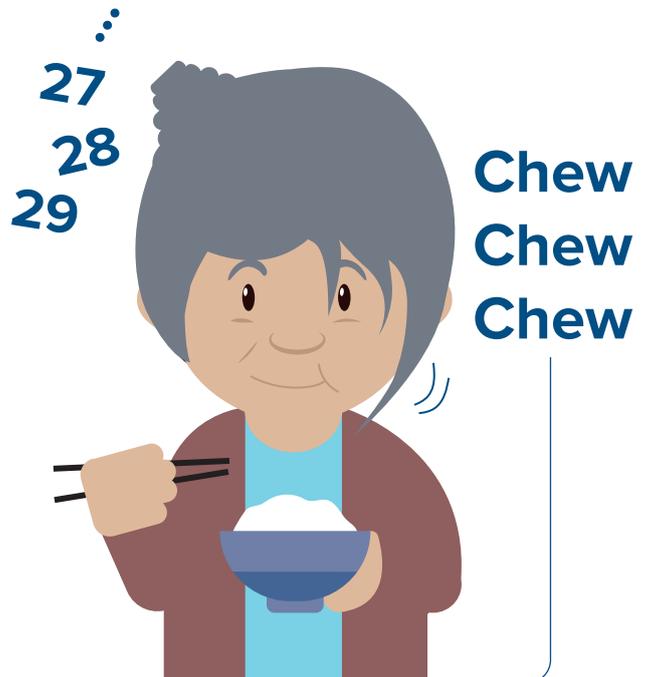


MASTICATION EXERCISE:

1. Sit down and correct your posture.
2. Chew gum for 2 minutes at a fixed rhythm and then 3 minutes freely.
3. Close your lips and chew firmly.
4. Chew gum evenly on both the left and right side.

COUNTING EXERCISE:

1. During your meals, count to 30 while chewing each bite of food.
2. When possible, use chewy ingredients cut into slightly larger pieces.
3. Concentrate fully on chewing and avoid distractions, such as watching TV.



4. IMPROVE PRONUNCIATION

To allow for clearer communication and facial expressions.

TONGUE TWISTER EXERCISE:

1. Peter Piper picked a peck of pickled peppers.
A peck of pickled peppers Peter Piper picked.
If Peter Piper picked a peck of pickled peppers,
Where's the peck of pickled peppers Peter Piper picked?
2. Betty Botter bought some butter.
But she said the butter's bitter.
If I put it in my batter, it will make my batter bitter.
But a bit of better butter will make my batter better.
So 'twas better Betty Botter bought a bit of better butter.
3. How much wood would a woodchuck chuck if a woodchuck
could chuck wood?
He would chuck, he would, as much as he could, and chuck
as much wood.
As a woodchuck would if a woodchuck could chuck wood.



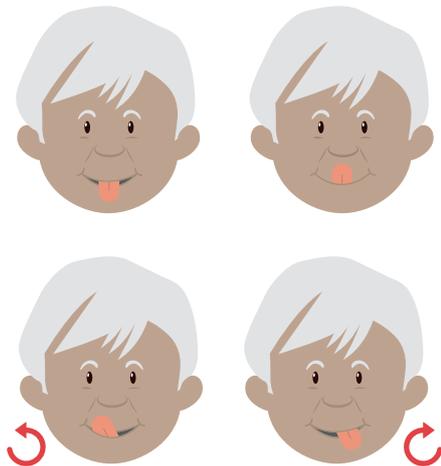
Say the tongue twisters three times and exaggerate your mouth movements.

5. IMPROVE TONGUE POWER

To prevent choking on food and liquids.

TONGUE TRAINING

1. Stick out your tongue.
2. Try to touch the tip of your lower jaw with your tongue.
3. Try to touch the tip of your nose with your tongue.
4. Move your tongue in a circle.
5. Press the spoon against your tongue and push your tongue against the spoon. Hold for a couple of seconds.
Repeat 10 times.



Reference:

Maki Shirobe, Yutaka Watanabe, Tomoki Tanaka, Hirohiko Hirano, Takeshi Kikutani, Kazuko Nakajo, Tetsuro Sato, Junichi Furuya, Shunsuke Minakuchi, Katsuya Iijima. Effect of an Oral Frailty Measures Program on Community-Dwelling Elderly People: A Cluster-Randomized Controlled Trial. *Gerontology* (2022); 68 (4): 377–386.

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