

Right TMCC Recommendations

- Position your tongue behind the upper incisor teeth. Keep pressure off the palate with the mid-tongue.
- Position your tongue behind your upper incisors and on the palate. Open and close your mouth 5-10 times slowly without removing the tip of your tongue from the palate.
- During the day try to keep the teeth slightly apart and the lips lightly closed.
- Maintain a neutral upright head position during swallowing.
- Open your mouth and try to pucker with your mouth wide open. Don't close your jaw. Hold a few seconds then relax and repeat 5 to 10 times.
- Open your mouth and stick out your tongue. Be sure your tongue comes straight out of your mouth and doesn't go off to the side. Hold, relax and repeat several times. Try to stick your tongue out further each day, but still pointing straight ahead.
- Stick out your tongue and try to reach your nose with the tongue tip.
- Practice touching the back upper molars with the tip of the tongue. Slowly, move the tongue from left upper molars to the right, then to the left, etc. Concentrate on maintaining position of the tongue to the left, more so than to the right throughout the day.
- Sitting in a neutral, upright position, place the tip of the tongue on the soft palate to pull the mandible backwards. While maintaining it there, open the mouth in a straight line without a deviation. Hold in the end range position for 10 seconds without compensation or fatigue and repeat 10 times, if possible, three to four times a day.
- Sitting in a neutral, upright position, position the tongue in front of the central incisors under the upper lip and maintain it there while opening the mouth as far as possible. Be careful not to allow upper cervical or mid-cervical extension. If there is deviation of the mandible to one side, the starting position of the tongue should be moved slightly to the contralateral side in front of the canine teeth before opening the jaw.
- Sitting in a neutral, upright position, side bend the neck to the right and open and close mouth with molar to molar contact on each side. Repeat by sidebending neck to the left.