

Tongue/Lip Tie Post-Revision Exercises

Do these when baby isn't too hungry or sleepy. Active alert stage is the best time to perform these exercises.

- 1.) Tongue Pressdown – Perform 3 reps up to 5 times per day
 - Initiate the rooting reflex. Insert pinky finger pad side up and put brief pressure on the back of the tongue and downward.
- 2.) Tongue Massage – Perform 3 reps up to 5 times per day
 - Initiate the rooting reflex. Insert pinky finger pad side down on tip of tongue. Massage tongue in the circular pattern. As baby improves with this, the tongue should start to cup the finger.
- 3.) Tongue Lateralization – Perform 3 reps up to 5 times per day
 - Initiate rooting reflex. Insert pinky finger pad side down and massage gum line on lower jaw. As baby improves with this, tongue should follow finger.
- 4.) Desensitization of the palate – Perform 3 reps up to 5 times per day
 - Initiate rooting reflex. Insert pinky pad side up and place right behind where the front teeth would be. Follow the palate to the back of the mouth, stopping before initiation of the gag reflex.

****Repetition is REQUIRED to retrain sucking patterns. Should be performed for 6 weeks post-revision.**

Other helpful craniosacral exercises to do at home:

- 1.) Craniosacral inversions – do up to 8 times per day (after every diaper change)
 - Pick up baby by ankles and hold upside down. Hold for 20 sec. Helps to clam and soothe.
- 2.) Tummy massage for respiratory diaphragm – 5 times per day for 1 minute, great for reflux or gas
 - Hold baby in football hold position, use inferior hand to tug gently down on tummy right under ribcage.
- 3.) Side body C-stretch – 5x/day for 5 seconds each side. Goal is to stretch baby to 90 degrees
 - Place baby in side-lying position on lap. Place a hand on baby's shoulder and with the other hand grasp baby's ankles and pull upward. Hold for 10 sec
- 4.) External cranial massage – 5x/day. Stimulates blood flow to cranial bones. Calming to baby
 - Apply light friction massage over baby's head, spending more time over areas of cranial bone overlap.