

Tongue Gym

Turns Tongue Exercise into Child's Play



ALL AGES
Newborns to Adults



Optimal tongue movement is essential for our general wellness and wellbeing, from infancy to adulthood.

Liper's ergonomically designed proprietary patented **TongueGym** makes mobility and tongue strengthening exercises fun, encouraging overall health and wellness.

TongueGym can be used by an individual when doing their exercises, or when helping another person – whether a baby, child, or adult – to perform their exercises.

Tongue Gym

Makes daily tongue exercises comfortable and hygienic, helping babies and parents to bond and enabling adults to practice with ease, during TG time.

HOW TO USE

Adults. Tongue strengthening.

The following is a tongue strengthening exercise. According to the need, lifting exercises may be performed in addition to the tongue strengthening exercise.



Tongue Strengthening Exercise

These instructions were written and edited by a Speech Language Pathologist at Tel Aviv Sourasky Medical Center, Specializes in OMD and is a leader in the field of Sleep Disordered Breathing (SDB).

It is recommended to strive for 15 minutes a day exercises, for a period adapted to each user. Do it on the go wherever you are comfortable.

In the first set of exercises, the tongue should not move, remaining steady.

In the second set of exercises, the tongue should move back and forth (up and down, or left and right) while performing the tongue exercises.

- 1 Insert your index finger through the round opening of the **TongueGym**. Your fingertip should reach the inner marking so that it does not slip off your finger. The **TongueGym's** rounded tips can point up or down, whichever is more comfortable.
- 2 Stick your tongue out. Using the muscles of your tongue, push the TIP OF THE TONGUE against the **TongueGym** while gently pushing back with the **TongueGym** to provide resistance (**The tongue does not move**). Do it for 5 seconds x 3 times
- 3 Stick your tongue out and push LEFT against the **TongueGym** while gently pushing to the right with the **TongueGym** to provide resistance (**The tongue does not move**). Do it for 5 seconds x 3 times
- 4 Stick your tongue out and push RIGHT against the **TongueGym** while gently pushing to the left with the **TongueGym** to provide resistance (**The tongue does not move**). Do it for 5 seconds x 3 times
- 5 Stick your tongue out. Push it UP against the **TongueGym** while gently pushing down with the **TongueGym** to provide resistance (**The tongue does not move**). Do it for 5 seconds x 3 times.
- 6 Stick your tongue out. Insert the **TongueGym** gently under the tongue. Push DOWN against the **TongueGym** while gently pushing up with the **TongueGym** to provide resistance (**The tongue does not move**). Do it for 5 seconds x 3 times.
- 7 Stick your tongue out and push LEFT against the **TongueGym** while gently pushing to the right with the **TongueGym** to provide resistance (**The tongue moves left and right**). Do it for 5 seconds x 3 times.
- 8 Stick your tongue out and push RIGHT against the **TongueGym** while gently pushing to the left with the **TongueGym** to provide resistance (**The tongue moves right and left**). Do it for 5 seconds x 3 times.
- 9 Stick your tongue out. Push it UP against the **TongueGym** while gently pushing down with the **TongueGym** to provide resistance (**The tongue moves up and down**). Do it for 5 seconds x 3 times.
- 10 Insert the **TongueGym** gently into the back of mouth and place it on top of the tongue. Push it DOWN while saying K/G. Do it for 5 seconds x 3 times.

Repeat this exercises ? to ? times a day.

*If under the care of a healthcare professional, follow their instructions for the specific use of the product.

Cleaning & care

- Clean **TongueGym** after each use by thoroughly washing it in lukewarm water using a mild soap. Then rinse well under running water.
- Let the **TongueGym** air dry and keep it in a clean, cool place
- After a first use the **TongueGym** should not be inserted into another person's mouth.
- For public health reasons, we recommend discarding the **TongueGym** after a full exercise regimen has been completed, or after one month of use.
- If your exercise regimen should last beyond that, we recommend using a new **TongueGym** each month.

Cautions

- Please use caution and contact your healthcare provider or therapist if there is a wound on the tongue or in the oral cavity.
- **TongueGym** should not be used by more than one person. After a first use the **TongueGym** should not be inserted into another person's mouth.
- For public health we recommend discarding the **TongueGym** after a full exercise regimen has been completed, or after one month of use.
- If your exercise regimen should last beyond that, we recommend using a new **TongueGym** each month.

General Instructions

General instructions and precautions

- To prevent the hazard of suffocation (choking), do not leave the **TongueGym** or its packaging with an unattended infant, child, or cognitively challenged person.
- Wash your hands thoroughly with soap and warm water before each use.
- Make sure the **TongueGym** is properly cleaned and stored (see cleaning instructions). Before each use, inspect the **TongueGym** to make sure it is intact, with no visible wear or tear.
- When using **TongueGym** on another person's tongue, both people must be healthy and not carrying a contagious illness that might be transferred by the physical proximity required.
- Each **TongueGym** is personal and not intended to be used on multiple individuals.
- **TongueGym** should be applied gently, not forcefully, so as not to cause any injury.
- For safety WARNING! Inspect carefully before each use. Throw away at the first signs of damage or weakness.
- Do not leave the product in direct sunlight or near a source of heat.
- Avoid using the **TongueGym** when you might be distracted.
- Avoid using **TongueGym** when not steadily situated (sitting or standing).
- If you use the **TongueGym** according to a healthcare professional's recommendations, follow their instructions on the manner and frequency in which it is to be used.
- **TongueGym** should fit comfortably under the tongue. Avoid using it if it does not fit comfortably.
- A comfortable fit is achieved when both round tips of the **TongueGym** completely fit under the tongue simultaneously.
- These instructions do not replace any care instructions that may have been received from a healthcare provider.

TongueGym is not intended to diagnose, treat, cure, or prevent any disease or health condition.

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