

Department of  
**SPEECH THERAPY**

## Oral Frailty Exercises for Healthy Living



# Oral Frailty and Its Consequences

## What is Oral Frailty?

Oral frailty refers to a decline in the function of our teeth, muscles and other parts of our mouth, affecting our speaking, chewing, swallowing and eating abilities.

## How Will It Affect Me?

A person with oral frailty may experience difficulties in chewing food, leading to an increased risk of choking. They may also experience a dry mouth, making swallowing more difficult. Oral frailty can affect our diet quality and nutritional status, increasing the risk of muscle loss and physical frailty. It can also reduce our quality of life.



# What Can Be Done?

1. Perform oral frailty exercises to strengthen the muscles involved in swallowing

2. Maintain good oral hygiene to prevent tooth decay/gum disease



3. Ensure adequate nutrition to prevent dehydration and malnutrition



## What Do I Want to Achieve?

1. To be able to eat my favourite food \_\_\_\_\_ without choking/difficulty.
2. Foods I want to continue to enjoy safely:  
\_\_\_\_\_  
(e.g. char siew, biscuit, keropok, nuts, murukku).

## How Can I Achieve This?

Set a fixed time!

I commit to do my exercise every day at \_\_\_\_\_AM/PM.

Possible distractions:

What can I do to overcome it?

# Chin Tuck Against Resistance

## Reason: To Strengthen Your Throat Muscles

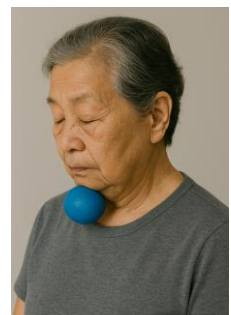
There are 2 parts to this exercise:  
continuous and sustained

### Continuous

1. Sit up straight and shoulders relaxed.
2. Place a stress ball under your chin.
3. Tuck your chin towards your chest and press hard against the ball.
4. Raise your head.
5. Do this for the number of times advised by the therapist.

### Sustained

1. Sit with your back straight and shoulders relaxed.
2. Place a stress ball under your chin.
3. Tuck your chin towards your chest and press hard against the ball.
4. Hold it for the duration advised by the therapist (\_\_\_seconds)
5. Repeat this \_\_\_ times



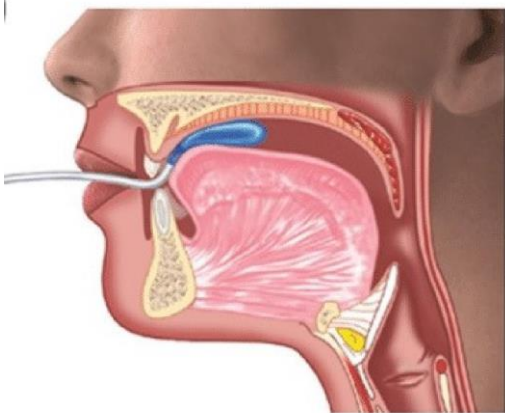
# Tongue Strengthening Exercises

## Reason: To Strengthen Your Tongue Muscles

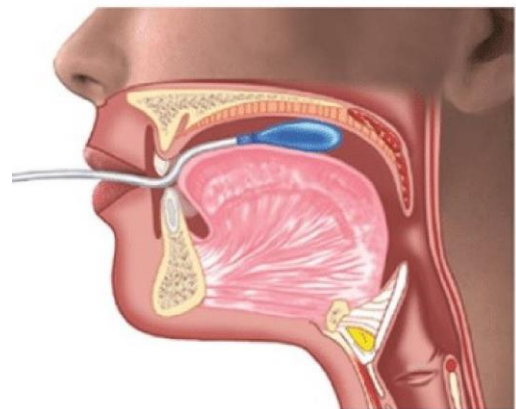
First, ensure the tongue bulb is clean.

### Continuous Repetitions

1. Position the Bulb: Place the tongue bulb on the front part of your tongue.
2. Perform the Exercise: Press your tongue against the bulb at \_\_\_% of your maximum strength for 20 times.
3. Change Position: Place the tongue bulb on the back part of the tongue.
4. Repeat step 2.



*Front Part*



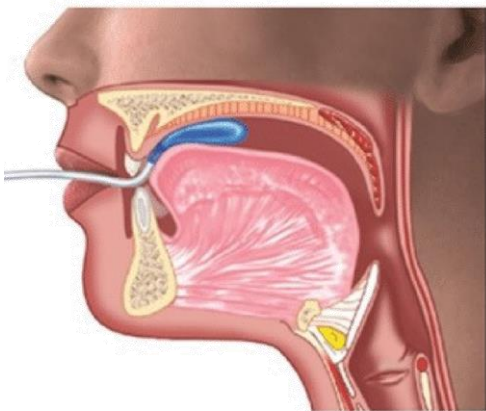
*Back Part*

# Tongue Strengthening Exercises

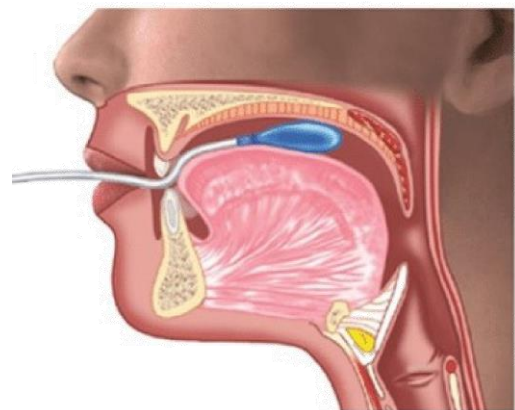
## Reason: To Strengthen Your Tongue Muscles

### Sustained Repetitions

1. Position the Bulb: Place the tongue bulb on the front part of your tongue.
2. Hold the Pressure: Press your tongue against the bulb and maintain the pressure for a specific duration as advised by the therapist.
3. Rest: After holding, relax your tongue and rest for 10-30 seconds.
4. Repeat: Perform 20 repetitions of the sustained hold at the target duration advised by your therapist.
5. Change position: Place the tongue bulb on the back part of your tongue
6. Repeat steps 2-4



Front



Back

# Tracking My Progress!

Session	Chin Tuck (Successive) – Target	Chin Tuck (Sustained) – Target Time	Tongue Exercise Max Pressure at Front: _____ Back: _____	Target % of Maximum Pressure at Front: _____ Back: _____	Target Duration of Sustained Exercise
1					
2					
3					
4					
5					
6					



# Homework

Week 1	Chin Tuck (Continuous) - Target	Chin Tuck (Sustained) - Duration	Tongue Exercise (Continuous) - Target Reps	Tongue Exercise (Sustained) - Duration
Day 1				
Day 2				
Day 3				
Day 4				
Day 5				
Day 6				
Day 7				

Tick off the exercise for each day that you complete it.

# Homework

Week 2	Chin Tuck (Continuous) - Target	Chin Tuck (Sustained) - Duration	Tongue Exercise (Continuous) - Target Reps	Tongue Exercise (Sustained) - Duration
Day 1				
Day 2				
Day 3				
Day 4				
Day 5				
Day 6				
Day 7				

Tick off the exercise for each day that you complete it.

# Homework

Week 3	Chin Tuck (Continuous) - Target	Chin Tuck (Sustained) - Duration	Tongue Exercise (Continuous) - Target Reps	Tongue Exercise (Sustained) - Duration
Day 1				
Day 2				
Day 3				
Day 4				
Day 5				
Day 6				
Day 7				

Tick off the exercise for each day that you complete it.

# Homework

Week 4	Chin Tuck (Continuous) - Target	Chin Tuck (Sustained) - Duration	Tongue Exercise (Continuous) - Target Reps	Tongue Exercise (Sustained) - Duration
Day 1				
Day 2				
Day 3				
Day 4				
Day 5				
Day 6				
Day 7				

Tick off the exercise for each day that you complete it.

# Homework

Week 5	Chin Tuck (Continuous) - Target	Chin Tuck (Sustained) - Duration	Tongue Exercise (Continuous) - Target Reps	Tongue Exercise (Sustained) - Duration
Day 1				
Day 2				
Day 3				
Day 4				
Day 5				
Day 6				
Day 7				

Tick off the exercise for each day that you complete it.

# Homework

Week 6	Chin Tuck (Continuous) - Target	Chin Tuck (Sustained) - Duration	Tongue Exercise (Continuous) - Target Reps	Tongue Exercise (Sustained) - Duration
Day 1				
Day 2				
Day 3				
Day 4				
Day 5				
Day 6				
Day 7				

Tick off the exercise for each day that you complete it.

# Homework

Week 7	Chin Tuck (Continuous) - Target	Chin Tuck (Sustained) - Duration	Tongue Exercise (Continuous) - Target Reps	Tongue Exercise (Sustained) - Duration
Day 1				
Day 2				
Day 3				
Day 4				
Day 5				
Day 6				
Day 7				

Tick off the exercise for each day that you complete it.

# Homework

<b>Week 8</b>	<b>Chin Tuck (Continuous) - Target</b>	<b>Chin Tuck (Sustained) - Duration</b>	<b>Tongue Exercise (Continuous) - Target Reps</b>	<b>Tongue Exercise (Sustained) - Duration</b>
Day 1				
Day 2				
Day 3				
Day 4				
Day 5				
Day 6				
Day 7				

Tick off the exercise for each day that you complete it.

# Homework

Week 9	Chin Tuck (Continuous) - Target	Chin Tuck (Sustained) - Duration	Tongue Exercise (Continuous) - Target Reps	Tongue Exercise (Sustained) - Duration
Day 1				
Day 2				
Day 3				
Day 4				
Day 5				
Day 6				
Day 7				

Tick off the exercise for each day that you complete it.

# Homework

Week 10	Chin Tuck (Continuous) - Target	Chin Tuck (Sustained) - Duration	Tongue Exercise (Continuous) - Target Reps	Tongue Exercise (Sustained) - Duration
Day 1				
Day 2				
Day 3				
Day 4				
Day 5				
Day 6				
Day 7				

Tick off the exercise for each day that you complete it.

# Homework

Week 11	Chin Tuck (Continuous) - Target	Chin Tuck (Sustained) - Duration	Tongue Exercise (Continuous) - Target Reps	Tongue Exercise (Sustained) - Duration
Day 1				
Day 2				
Day 3				
Day 4				
Day 5				
Day 6				
Day 7				

Tick off the exercise for each day that you complete it.

# Homework

<b>Week 12</b>	<b>Chin Tuck (Continuous) - Target</b>	<b>Chin Tuck (Sustained) - Duration</b>	<b>Tongue Exercise (Continuous) - Target Reps</b>	<b>Tongue Exercise (Sustained) - Duration</b>
Day 1				
Day 2				
Day 3				
Day 4				
Day 5				
Day 6				
Day 7				

Tick off the exercise for each day that you complete it.

# Summary

We have reached the end of our 12-week programme!

Over the past 12 weeks, you have practiced new exercises to get stronger and healthier to reach your goals

Your journey does not end here. You can continue to build on your progress by:

- Continuing the exercises as recommended by the therapist
- Increasing the number of repetitions and amount of strength used every 2 weeks
- Charting your own progress to keep track of your exercise plans

That way, you can help yourself you continue to stay strong and healthy.



## Centre of Geriatric Medicine

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### Contact:

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