

# PRE-FRENECTOMY

(INTENSIVE PHASE)



TECHNIQUES	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
<b>FAT SKINNY TONGUE</b> COUNT TO 5 ON FAT AND COUNT TO 5 ON SKINNY 10 X 3 X A DAY							
<b>WAGGLE SPOT</b> NO JAW MOVEMENT 10 X 3X A DAY							
<b>WAGGLE FLAP</b> (TONGUE TOUCH UPPER AND LOWER LIP) 10X 3X PER DAY							
<b>BITE BLOCK TONGUE POPS</b> PUT BITE BLOCK IN FRONT OF TEETH - NARROW THE TONGUE COUNT TO THREE 20 X 3 X A DAY							
<b>CAVES</b> (RELAX NECK AND SHOULDERS). HOLD FOR 2 MINUTES							
<b>TONGUE STRETCH</b> USING GAUZE, PAPER TOWEL OR WASHCLOTH STRETCH AND HOLD. FORWARD, RIGHT, LEFT, UP AND DOWN. 3X A DAY							
<b>FORK FINGERS</b> MAKE A CAVE, PUSH ON FLOOR OF MOUTH WITH FINGERS 30-45 SECONDS 3 X A DAY							
<b>MASSAGE</b> FLOOR OF MOUTH, CHEEKS, PALATE AND FRENUM 10 X 3 X A DAY							
<b>NECK PULL DOWN</b> 10 X 3 X A DAY							