

# 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

### Newborns

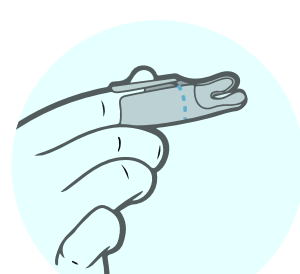
If your healthcare provider did not give you specific instructions, follow these general suggestions.

Before the first use, thoroughly wash the product with lukewarm water.

#### Tongue Flexibility Exercise

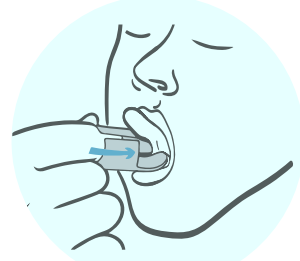
1

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 rounded tips of TongueGym can point up or down, whichever is more comfortable.



2

Insert the **TongueGym** gently under the tongue, in midline, placing the rounded tips toward the point where the floor of the mouth meets the tongue, on either side of the tongue attachment (frenulum).



3

Start by getting your child used to the **TongueGym**. Using its round tips, gently and calmly play with your child's tongue and lips. Next, slowly and firmly lift the tongue upwards and release. Feel free to start with just one lift at a time, increasing the number of repetitions with each session. Gradually work up to 20 lifts or the number suggested by your healthcare provider per session, according to your baby's tolerance. Do this 3 to 5 times a day.



## Cautions

- Please use caution and contact your healthcare provider or therapist if there is a wound on the tongue or oral cavity.
- Use each **TongueGym** for only 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.



**TG time. Bond with your child.**  
Strengthen and condition the tongue comfortably.

- Plan **TongueGym** time so that the infant is not too tired.
- Position the infant's head on your lap, or on a safe surface, so that you are facing the infant. Always keep safety in mind.
- Maintain eye contact with the infant. It is also possible to approach the infant from behind. Place the infant's head on your lap. The infant's legs should lean on the legs of a third person sitting knee-to-knee with you. Always keep safety in mind.
- Soft, calm singing or speaking will soothe the infant and help you achieve better efficiency. Keep the sessions short and pleasant.

## 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.

## Adults. Children aged 2.5 and above

The following is a tongue strengthening exercise that may require cooperation, and is therefore intended for children age 2.5 years and older.

This exercise is in addition to the lifting exercises.

#### Tongue Strengthening Exercise

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

Insert the **TongueGym** gently into the mouth and place it on top of the tongue.

3

Using the muscles of your tongue, push up against the **TongueGym** while gently pushing down with the **TongueGym** to provide resistance. Hold for three seconds and release. Feel free to start with just one lift at a time, increasing the number of repetitions with each session until you reach your required regimen. Do this 3 to 5 times a day.

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

## 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.

## HOW TO USE

### Cleaning and 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 throwing **TongueGym** away after full treatment is completed or after more than one month of use.
- If your exercise regimen should last beyond that, we recommend using a new TongueGym each month.

## 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.

## Contact Us

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