



## **PRE-FRENECTOMY STRETCHES**

### **PASSIVE STRETCHING:**

#### **Frenum Squeeze**

Sublingual stretch with frenum squeeze. Pinch the thumb and index finger together and lay over the mandibular incisors (lower front teeth in the jaw). Ask the patient to stick the tongue out and place on top of the finger/thumb. Grab and “pinch” the frenum as deep as the patient will allow. Move slightly from side to side for 30 seconds. Repeat 3-5 times.

#### **J Sweeps with Frenum Stretch**

Place index finger on the lingual occlusal surface (inside surface of lower teeth/jaw, under the tongue) as far posterior as the patient will allow, but not exceeding the second molar. Slowly sweep downward into the floor of the mouth and up the frenum at midline in a “J” motion and hold for 3 seconds once maximum extension has been achieved. Repeat on each side, three times.

#### **Rainbow Buccal Rolls or “C” sweeps**

Use index finger and start at the insertion of the maxillary, buccal labial frenum and stretch in a “c” outward to the mandibular, buccal labial frenum. Repeat 10 times on each side.

### **ACTIVE MOVEMENT:**

#### **Lateral Corner Touches**

Open the mouth and stabilize the jaw in the “ah” position. Use a jaw prop if needed (vertical cheerio for smaller mouths or fruit loop for adults). Use the “point” of the tongue and touch one corner of the mouth and hold briefly, then slowly go to the other corner. Be careful not to touch the lips. Repeat 10 times to each side.

#### **Gator Suction Bites**

Place the tongue tip to spot and lightly suction the entire tongue to the roof of the mouth. Open and close the jaw, as wide as possible while keeping the tongue suctioned. Hold open for 3 seconds and closed for 3 seconds. Repeat 25 times.

#### **Teeth Scrapes**

Start with closed lips and slightly opened teeth. Take the tongue and scrape around the outside of the teeth (between the teeth and the cheeks) from one molar, around the front teeth, and to the other molar while slowly touching each tooth and then repeat on the lingual surface of the teeth. Repeat on both the top teeth and the bottom teeth.