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Stretching Instructions

Stretching exercises should begin the day after treatment. Please perform stretches when baby is most content. Make sure fingernails are well trimmed and hands are clean before starting exercises. If you have any questions please don't hesitate to call our office at 406-752-1107.

LIP

Sit with baby on floor or lap with head closest to you. Lift upper lip to a 90 degree angle to see diamond shape healing site. It is important to visualize the diamond shape healing site to make sure exercises are being done properly. Sweep your finger side-to-side two times over healing site. Perform these exercises **3x per day for 3 weeks**.

TONGUE

Sit with baby on floor or lap with head closest to you. Place pointer fingers beneath tongue and lift tongue up towards roof of mouth to see diamond shape healing site. It is important to visualize the diamond shape healing site to make sure exercise are being done properly. Sweep your finger side-to-side two times over healing site. Perform these exercises **3x per day for 3 weeks**.

TIPS

- Have someone help you. If you do not have help, sit on floor with baby between your legs
- Use hiking head lamp to aid in visualization of healing sites
- Wear gloves if you have long nails

Treatment Day	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
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	☐	☐	☐	☐	☐	☐	☐
	☐	☐	☐	☐	☐	☐	☐

One week follow up appointment:_____

Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14
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Day 15	Day 16	Day 17	Day 18	Day 19	Day 20	Day 21
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Week 4 additional stretching if needed

Day 22	Day 23	Day 24	Day 25	Day 26	Day 27	Day 28
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