

The “Spot”

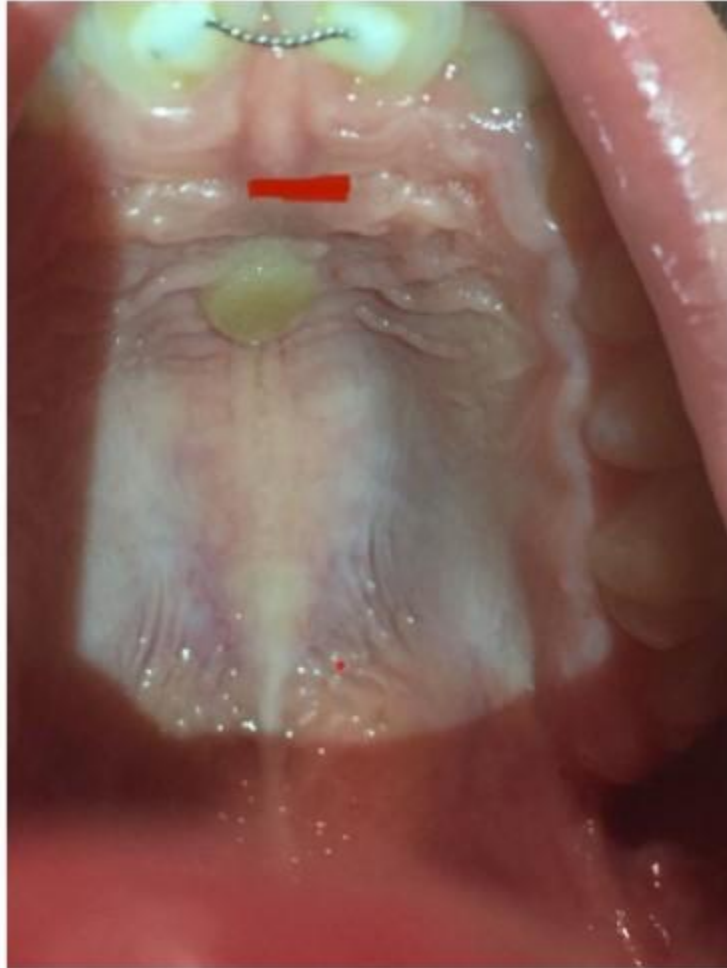
Where does your tongue live when at rest?



Throughout therapy, you will hear us refer to the “spot” often. This is the place in the roof of the mouth that the tip of the tongue should be resting. To train that subconsciously, we will give you a passive exercise that will encourage proper placement.

To find the “spot” you can feel the roof of your mouth with your tongue. Right in the middle behind your two front teeth is a long bump called the incisive papilla. At the back of that, where the palate starts to dip, is the “spot”. You can also find it by saying the letter in. Below is a photo with a

red line where the “spot” should be placed. You can see where it was originally placed too far back and had to be adjusted.



Options to try to replicate the “spot”

[PolyGrip](#) - cut each strip into individually sized spots. **Spots to be worn after large meals. Cut a small piece and apply to the “spot”**

[ConvaTec Stomahesive Skin Barrier 4" X 4" wafers - 5/Box](#) - Use hole puncher to create spots.

[Raisins](#) - cut in half and press

[Fruit Leather](#) - small pieces and press

[Orthodontic Wax](#) - try types that are soft to medium

[MyoSpots](#) - flavored “candy” sticks well but a bit thick.