

**U** Concept   
The Ultimate Bio Trainer

# EXERCISES



	CLEANING THE NOSE	NOSE BREATHING	TONGUE POSITION	LINGUAL FRENUM	IMPROVING MUSCLE TONE IN THE LIPS	MENTOLABIAL FOLD	CHEWING EXERCISES
	Cleaning Humidifying	Nose breathing with and without appliance Breathing through alternating nostrils Walking	Tongue to the palate Tic-Tac Rubber band Chocolate cream Cream Swallowing in front of the mirror Clip-dop	Clip-dop Touch the nose Cleaning the teeth Cleaning the lips	Brrrr... Push Brrrr... + Prrr The fish Spoon Button	The monkey The bubble The fish Button	Unilateral and alternating chewing
MOUTH BREATHING	✓	✓	✓		✓		
OPEN BITE	✓	✓	✓				
CROSSBITE	✓	✓	✓				✓
OVERJET	✓	✓	✓				
OVERBITE	✓	✓	✓				
TONGUE POSITION	✓	✓	✓	✓			
ATYPICAL SWALLOWING	✓	✓	✓	✓	✓		
LINGUAL FRENUM	✓	✓	✓	✓			
MENTOLABIAL FOLD	✓	✓			✓	✓	
INSUFFICIENT LIP SEAL	✓	✓			✓	✓	
SHORT UPPER LIP	✓	✓			✓	✓	



## ✓ HUMIDIFY AND CLEAN THE NOSE

1)

Humidify the nose with saline or with sea water.



2)

Place the tissue on the nose like a mask.



3)

Breathe in deeply, close your mouth, pinch one nostril and exhale through the other nostril until it is empty and clean.



4)

Repeat the same process with the other nostril.  
Never blow through both nostrils at the same time.





## ✓ IMPROVING MUSCLE TONE IN THE LIPS

### 1. exercise: Brrrr...

Vibrate the lips for at least 15 seconds. Later increase the time as the lips become stronger.

🕒 Min. 15 seconds

🔄 Repeat 10 to 15 times



### 2. exercise

Try to reach your nose with your lower lip.

Push upwards with your lower lip, keep it there for a few seconds, relax and repeat.

🕒 5 seconds

🔄 Repeat 10 times every day



### 3. exercise

Push on the lower lip with your upper lip.

Maintain pressure for a few seconds and relax. Repeat.

🕒 5 seconds

🔄 Repeat 10 times every day





## ✓ IMPROVING MUSCLE TONE IN THE LIPS

### 3. exercise: Brrrr... + Prrrrr...

Alternate between Brrrr and Prrrr as sounds of an engine every 1–2 seconds.

- ⌚ Min. 5 seconds
- 🔄 Repeat 10 times every day



### 4. exercise: The fish

Suck your cheeks and lip together like fish do and then **without stopping** inflate your cheeks.

- ⌚ 5 to 10 times
- 🔄 Repeat 10 times every day





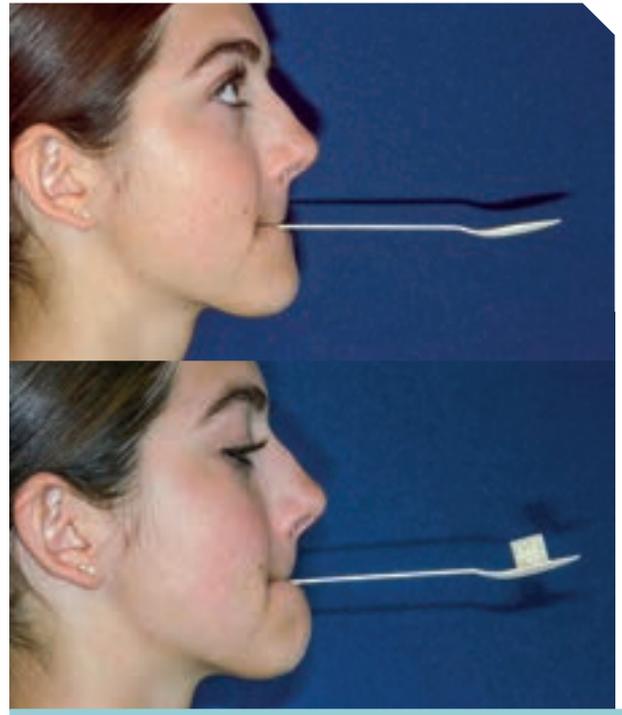
## ✓ IMPROVING MUSCLE TONE IN THE LIPS

### 6. exercise: Spoon

Exercise with a teaspoon (with a wooden spoon if necessary).  
Hold the spoon as horizontal as possible without touching it with the teeth or without contracting the lips.  
It can be made harder by placing some sugar in the spoon.

🕒 Min. 10 seconds

🔄 Repeat 5–10 times a day

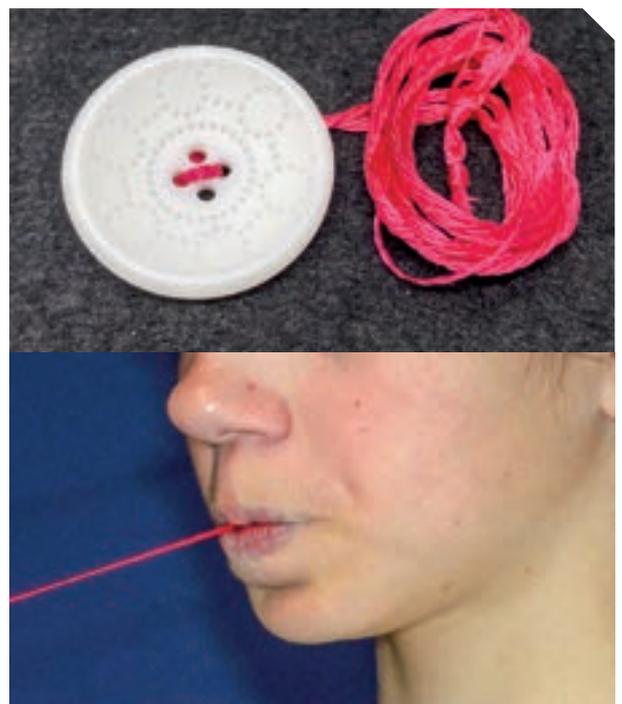


### 7. exercise: Button

Place the button into the mouth (behind the lips – in front of the teeth) and then strengthen the muscles of the lips by pulling on the thread.

🕒 Min. 10 seconds

🔄 Repeat 15–20 times a day





## ✓ HORSEY EXERCISES

### 1. exercise: Clip-clop

Try to perform a 'clack' sound against the roof of the mouth with the mouth open. Try to make the sound as loud as possible.

🕒 30–45 seconds

🕒 Repeat 10 times a day

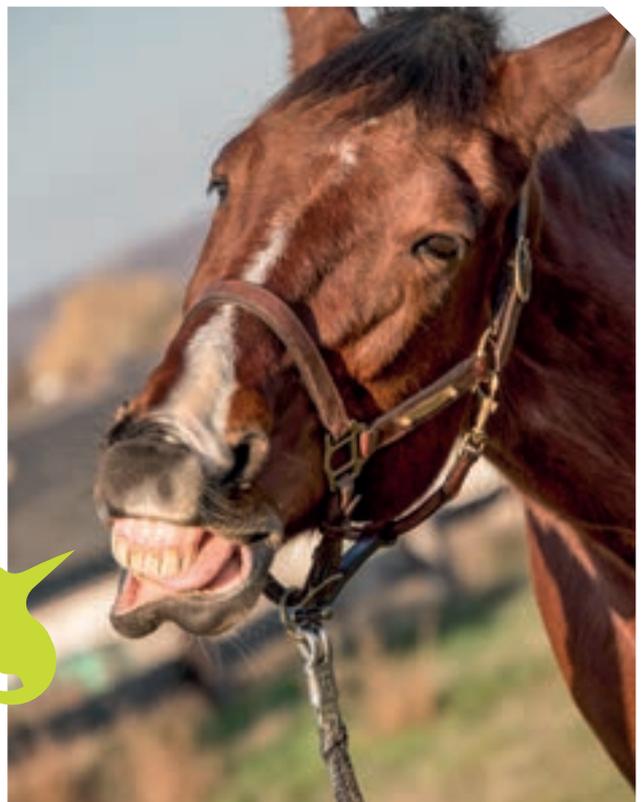


### 2. exercise: Pffrr...

'Pffrrrr...' like a horse snorts using the upper and lower lips freely.

🕒 5 to 10 times

🕒 Do it 10 times a day





## ✓ CHEWING EXERCISES

### I. exercise: Unilateral alternating chewing

**Teach your child to crack food from the earliest age and to chew on both sides...**



Chewing

**It is of utmost importance to chew on the other side at each meal.**



Normal bite

A crossbite (when the upper teeth bite on the inside of the lower teeth) results in unilateral chewing only on the cross bite side.)



Crossbite on the right hand side



## ✓ NOSE BREATHING EXERCISES

### 1. exercise: Nose breathing without the appliance

Lean against the wall to stand straight.

Breathe in through the nose (count to ten) while breathing air into the tummy and then breathe out slowly through the mouth.

🕒 10 seconds

🔄 Repeat 3x10 times a day

### 2. exercise: Nose breathing with the appliance

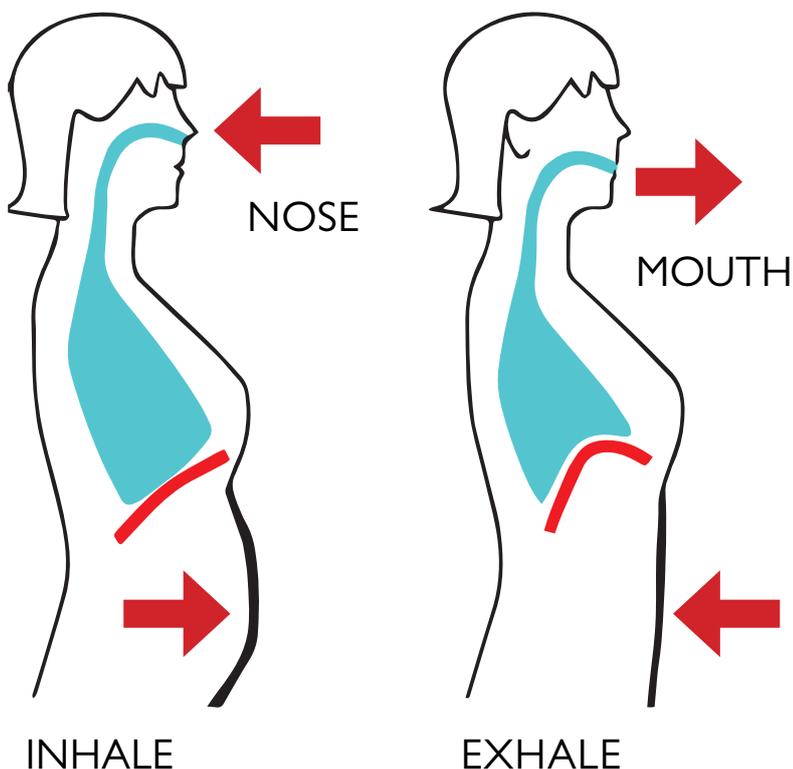
Lean against the wall to stand straight.

Breathe in through the nose (count to ten) while breathing air into the tummy and then breathe out slowly through the mouth.

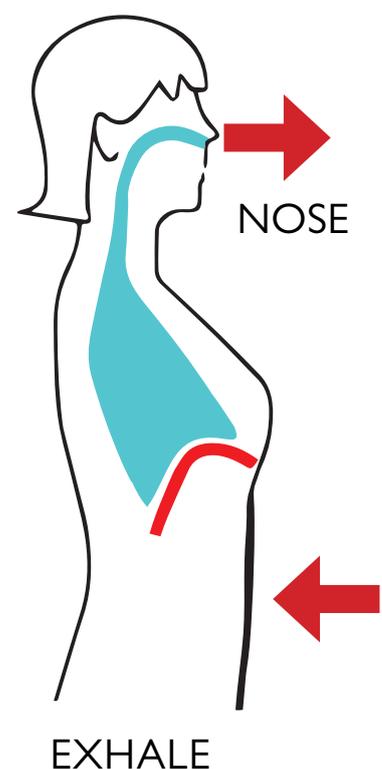
🕒 10 seconds

🔄 Repeat 3x10 times a day

#### without the appliance



#### with the appliance





## ✓ NOSE BREATHING EXERCISES

### 3. exercise: Breathing through alternating nostrils

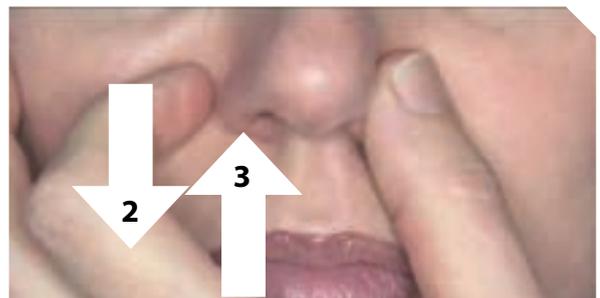
Starting position: lips closed.



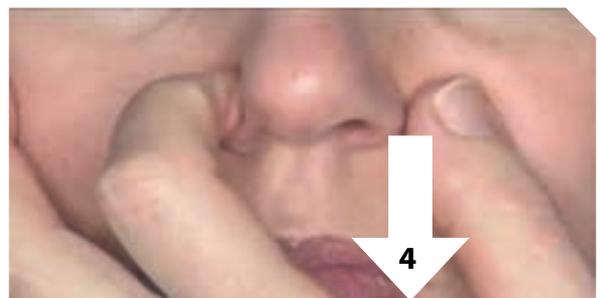
Apply pressure on the right nostril, breathe in through the left nostril.



Apply pressure on the left nostril, exhale through the right nostril – then breathe in through the right nostril.



Apply pressure on the right nostril: exhale through the left nostril.



🕒 10 times per nostril

🕒 Once a day



## ✓ NOSE BREATHING EXERCISES WITH THE APPLIANCE IN MOUTH

### 4. exercise: Walking

Place two chairs about 10 feet apart.

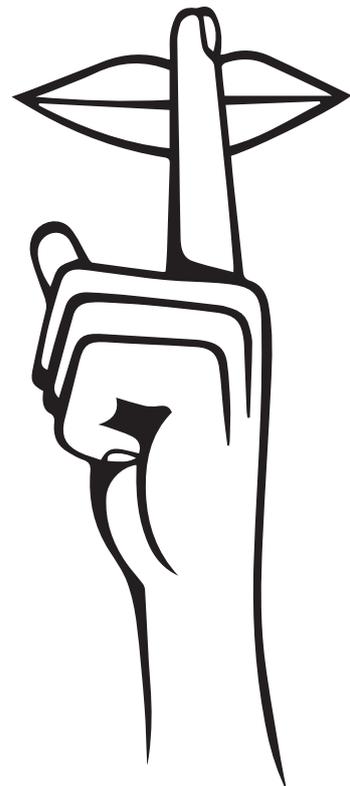
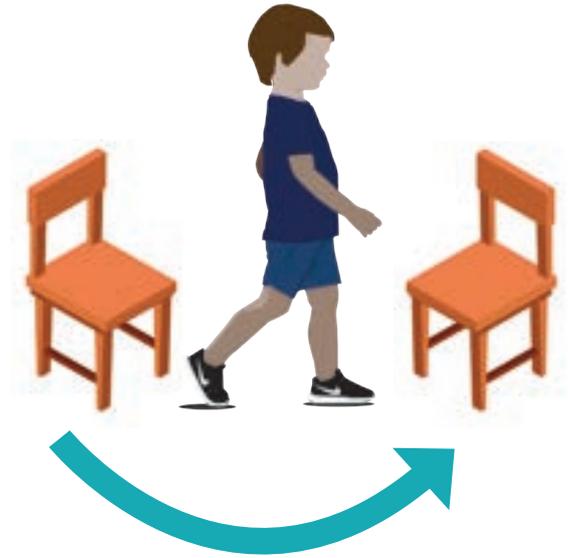
Place the appliance in the mouth, close your lips and breathe slowly through the nose.

Walk around the chairs and count to thirty. Then increase your speed. Make sure to always breathe through the nose.

If necessary you can place your finger on the lips as a reminder to keep them sealed.

🕒 Do this for 3–4 minutes

🕒 Repeat three times a day





## ✓ TONGUE EXERCISES

### 1. exercise: Tongue to the roof of the mouth

Push the tongue strongly to the roof of the mouth and keep it there while opening the mouth as wide as you can. Push tongue as far as possible. (It is possible to feel some sensitivity in the lingual frenum, but this is a good sign.)

🕒 Repeat 15 times

🕒 Repeat 10 times a day



### 2. exercise: Tic-Tac

Place a Tic-Tac on the tongue and then place the appliance into your mouth. Let the Tic-Tac melt while rolling it against the roof of the mouth.

🕒 3–4 minutes

🕒 Repeat 2 to 3 times a day



### 3. exercise: The rubber band

Try to keep the little rubber band(s) on the tip of your tongue. Push the tongue against the roof of your mouth then close the mouth. Keep the rubber band at this position as long as possible (also while speaking, or swallowing).

🕒 Min. 45 seconds

🕒 Repeat 3 times a day





## ✓ TONGUE EXERCISES

### 4. exercise: Chocolate cream

Place multiple bits of chocolate cream on the face at a distance that is still reachable by the tongue. Clean the face with the tongue.

⌚ Min. 4 bits



### 5. exercise: Cream

Place a bit of cream, jam, honey, etc. on the palate and lick it off. Try to make the longest movement possible with the tongue.

⌚ 5–10 seconds

⌚ Repeat 5 times a day



### 6. exercise: Swallowing in front of a mirror

Stand in front of a mirror with a glass of water in the hand. Swallow a sip of water and control your movements (the lips should stay still and the tongue must not be pushed between the teeth). Do it until you finish the glass.





## ✓ MENTOLABIAL FOLD EXERCISES

### 1. exercise: The monkey

Pass your tongue under the lower lip slowly from right to left and left to right. Stop in the middle and try to slowly push the tongue as deep as possible (there might be some sensitivity which is a good sign).

🕒 Pass 5 times from right to left.

🔄 Repeat 5 to 10 times a day



### 2. exercise: The bubble

Try to blow air into the whole area of the lower lip and chin. Push the air as deep as you can without tensing the muscles of the chin.

🕒 10 seconds

🔄 Repeat 10 times a day





## ✓ LINGUAL FRENUM EXERCISES

### 1. exercise: Touch the nose

Try to reach your nose with the tip of the tongue. Stretch it as far as possible.

🕒 5 seconds

🔄 Repeat 10 times a day



### 2. exercise: Cleaning the teeth

Use your tongue to clean all the tooth surfaces.

🔄 Repeat 5–10 times a day



### 3. exercise: Cleaning the lips

Use your tongue to clean all the surfaces of the lips. Use a circular movement.

🔄 Repeat 5–10 times a day





# Concept

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