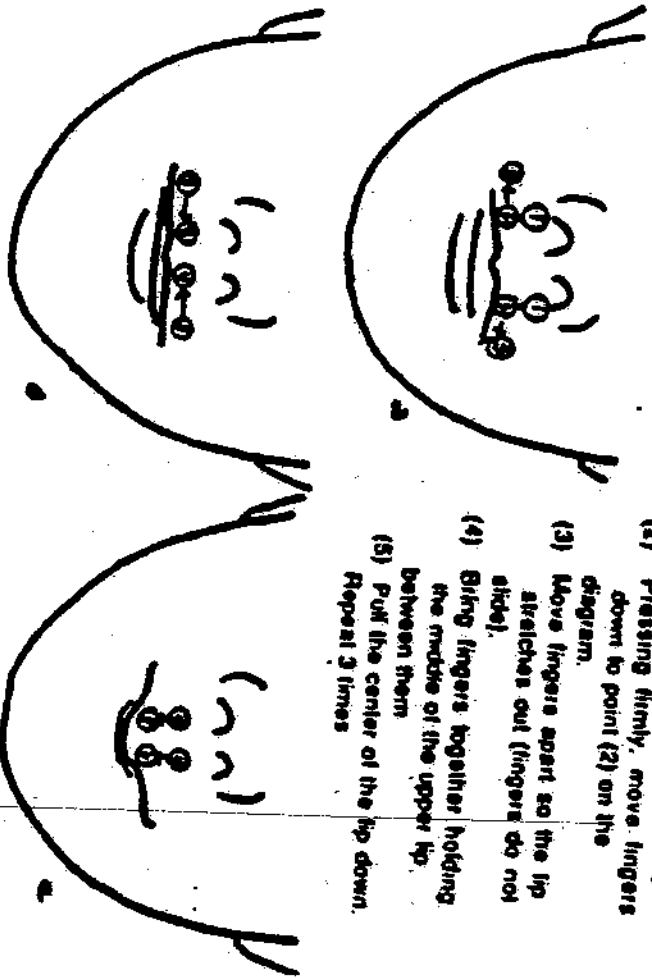


CAUTION: These interventions to be used only under the direction of a therapist trained in their application.

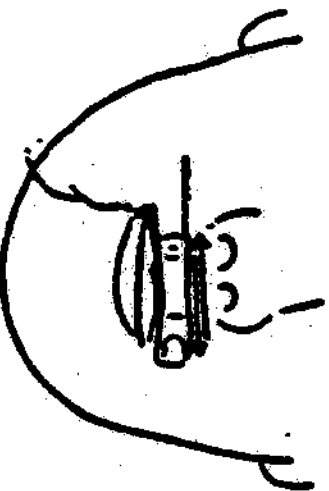
1. Upper-lip stretch

- (1) Place thumb and forefinger at the top of the smile line
- (2) Pressing firmly, move fingers down to point (2) on the diagram.
- (3) Move fingers apart so the lip stretches out (fingers do not slide).
- (4) Biting fingers together holding the middle of the upper lip between them.
- (5) Put the center of the lip down. Repeat 3 times



2. Side-to-side upper lip stretch

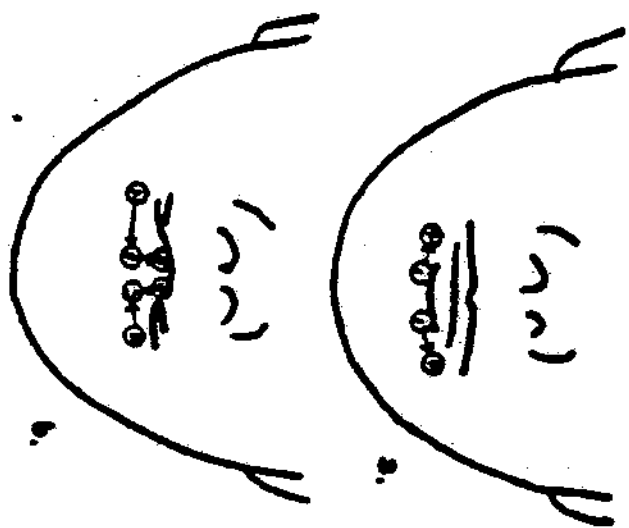
- (1) Place forefinger against upper lip.
- (2) Keep pressure in and down as you move the lip slowly and firmly from side to side 3 times



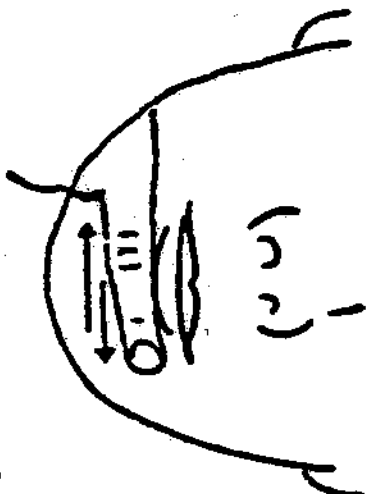
CAUTION: These interventions to be used only under the direction of a therapist trained in their application.

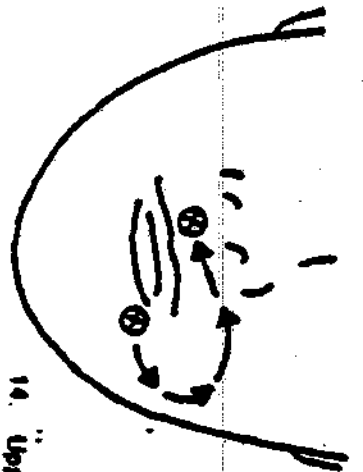
3 Lower lip stretch

- (1) Place thumb and forefinger beneath the center of the bottom lip
- (2) Move fingers apart so the lip stretches out.
- (3) Bring fingers together, holding the middle of the lip between them
- (4) Pull the center of the bottom lip up. Repeat 3 times.



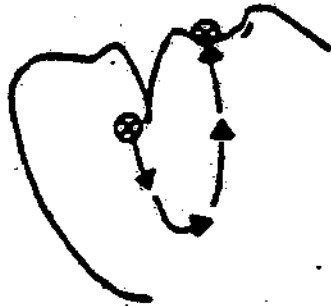
- 4. Side-to-side lower lip stretch**
- (1) Place forefinger against lower lip, pressing in and up.
 - (2) Move lip slowly and firmly from side to side 3 times.





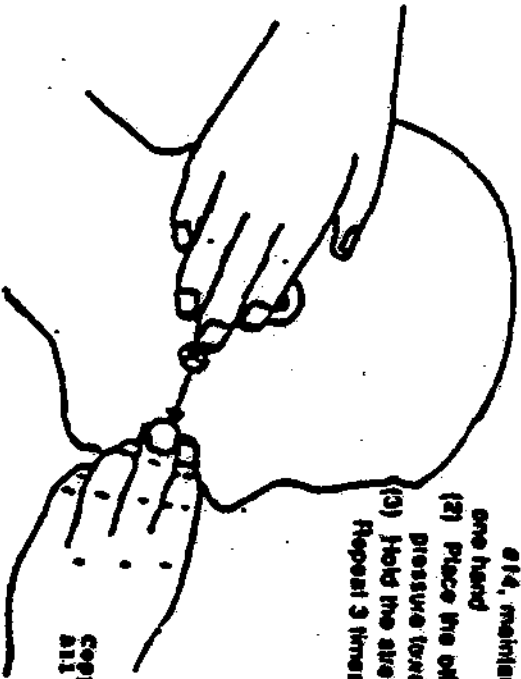
14. Upper-cheek stretch

- (1) At the lower corner of the lip, hold the cheek between thumb and forefinger.
- (2) With a gentle, pulling motion, move back toward ear, up toward the eye, and across the upper lip.
- (3) Do this exercise on each side of the face 3 times.

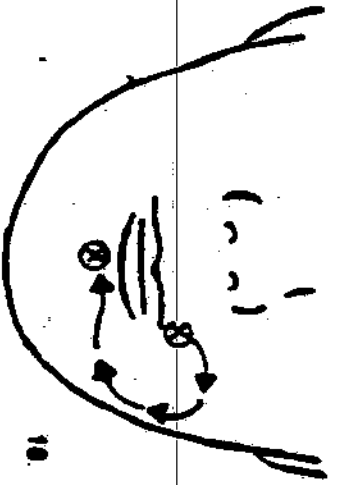


15. Upper posterior cheek stretch

- (1) After completing the upper cheek stretch on side, maintain the pressure at the upper lip with one hand.
- (2) Place the other hand in front of the ear and give pressure toward the upper ear.
- (3) Hold the stretch for 3 seconds and release. Repeat 3 times.



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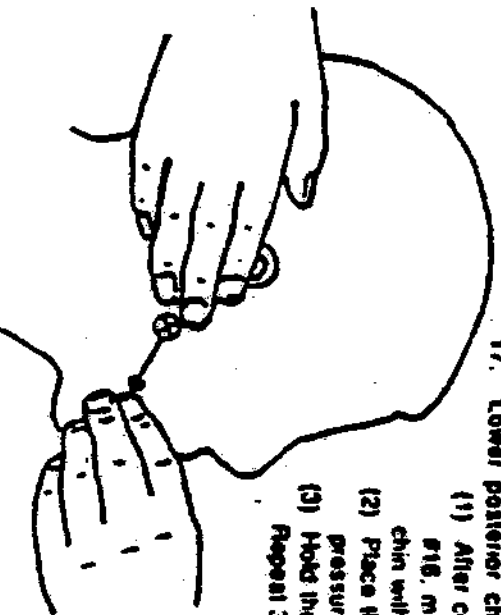
16. Lower-Cheek stretch

- (1) At upper corner of the mouth, hold the cheek between thumb and forefinger.
- (2) With a gentle pulling motion, move up toward the eye, back toward the ear, and forward across the chin.
- (3) Do this exercise on each side of the face 3 times.



17. Lower posterior cheek stretch

- (1) After completing the lower cheek stretch on #16, maintain the pressure at the lower lip and chin with one hand.
- (2) Place the other hand in front of the ear and give pressure toward the lower ear.
- (3) Hold the stretch for 3 seconds and release. Repeat 3 times.

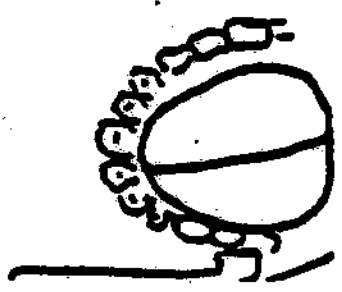
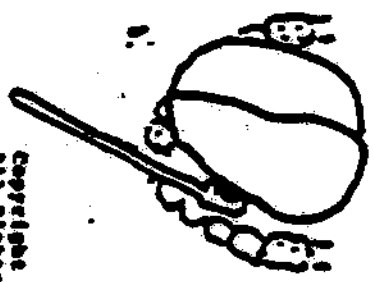
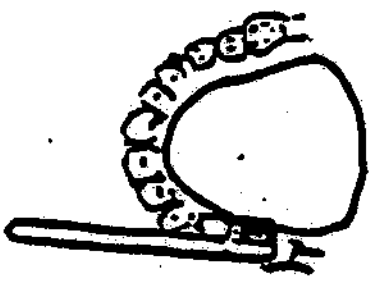


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20. Lateral pressure to the tongue

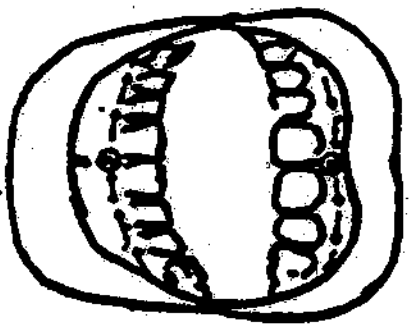


- (1) Place Nak brush #2 at the side of the middle of the tongue at the level of the first molar.
- (2) Press quickly and firmly into the center of the mouth pushing the tongue toward the opposite side of the mouth. Immediately move brush back to gum. Repeat 3 times.
- (3) The third time, move the brush all the way into the cheek, stretching it out. This movement should stimulate the tongue to move laterally over the teeth into the cheek.



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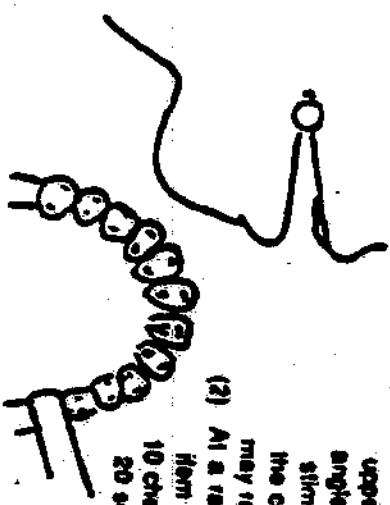
13. Gum massage



- (1) Place finger firmly on upper gum at the center of the mouth.
- (2) Slowly move finger across gum toward molars.
- (3) When the finger is behind the last molar, move it down to the gum behind the last lower molar.
- (4) Continue moving finger across gum to the center of the lower jaw.
- (5) At center of the lower jaw change to the thumb and move across gum to the opposite side of the mouth to the last lower molar; then move up to the upper molars and back to the starting point.
- (6) Repeat 3 times.

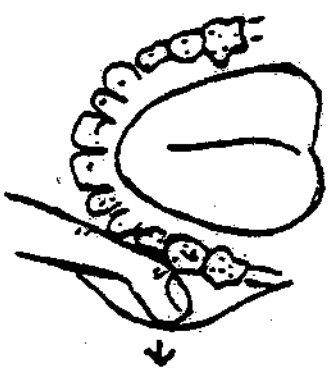
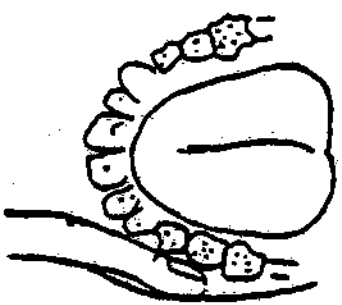
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19. Resistive chewing



- (1) Place item beneath the last upper molar. Hold item at right angle to jaw. Do not allow stimulus item to extend into the center of the mouth; gagging may result.
- (2) At a rate of once per second, press item up into molar. Try for 5 to 10 chews on each side. Goal: 20 to 25 seconds with moderate power.

CAUTION: These interventions to be used only under the direction of a therapist trained in their application.



16 a. Posterior Cheek Strength

1) Place finger along lower gum ridge, with the pad of the finger touching the cheek, and the nail of the finger touching the side of the lower molar.

- 2) Move the cheek away from the gum ridge with the fingertip, approximately 3/8" to 1/2" from the gum keeping the finger against the lower gum ridge.
- 3) Observe (feel) for cheek activation with the cheek moving back toward the gum ridge or changing from a soft muscle to a firm muscle.
- 4) Repeat 5 times, with one pulse per second. The number of activations out of the total trials is the ratio of posterior cheek strength. Do not count anterior cheek movement or jaw movement as posterior cheek strength, but do make note of additional movements that occur.