Oral Placement Therapy
To Improve Speech Clarity

Presented by Monica M. Purdy, M.A., CCC-SLP

A THREE PART TREATMENT PLAN FOR ORAL PLACEMENT THERAPY

1. To increase the awareness of the oral mechanism
2. To normalize oral tactile sensitivity
3. To improve the precision of volitional movements of oral structures for speech production
4. To increase differentiation of oral movements
   a. dissociation: The separation of movement, based on stability and adequate strength, in one or more muscle groups.
   b. grading: The controlled segmentation of movement through space based upon dissociation.
   c. fixing: An abnormal posture used to compensate for reduced stability which inhibits mobility.
5. To improve feeding skills and nutritional intake
6. To improve speech sound production to maximize intelligibility

Oral Placement Therapies

JAW EXERCISES – Birth to 100

a. Gloved Finger
b. Infant Toothbrush
c. Ark Probe or Z-Vibe
d. Bite-Tube Hierarchy:
   Chewy Tubes (Red – Yellow)
   Grabbers (Purple – Green)
Bite Tube Hierarchy

<table>
<thead>
<tr>
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Client A Homework

SYMMETRICAL SKILLS

Red Chewy Tube- # of chews: Left 7 Right 7
Yellow Chewy Tube- # of chews: Left 5 Right 5
Purple Grabber- # of chews: Left 3 Right 3
Green Grabber- # of chews: Left 1 Right 1

Unit: (Left 1 Right 1 Bilateral __) Goal: Reps: 1-10

Bite Tube Hierarchy

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Bite Tube Hierarchy

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Client B Homework
ASYMMETRICAL SKILLS

Red Chewy Tube- # of chews: Left 6 Right 4
Yellow Chewy Tube- # of chews: Left 5 Right 3
Purple Grabber- # of chews: Left 3 Right 1
Green Grabber- # of chews: Left 0 Right 0

Unit: (Left 1 Right 2 Bilateral __) Goal: Reps: 1-10

Bite Tube Hierarchy

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A THREE PART TREATMENT PLAN FOR ORAL PLACEMENT THERAPY
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Client C Homework

ASYMMETRICAL SKILLS

Red Chewy Tube- # of chews: Left 6 Right 0
Yellow Chewy Tube- # of chews: Left 5 Right 0
Purple Grabber- # of chews: Left 4 Right 0
Green Grabber- # of chews: Left 3 Right 0

Unit: (Left 1 Right 0 Bilateral _) Goal: Reps: 1-10
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**Client D Homework**

**ASYMMETRICAL SKILLS**

Red Chewy Tube- # of chews: Left 3 Right 3
Yellow Chewy Tube- # of chews: Left 1 Right 1
Purple Grabber- # of chews: Left 0 Right 0
Green Grabber- # of chews: Left 0 Right 0

Unit: (Left _ Right _ Bilateral x ) Goal: Reps: 1-10

* Work up to 10 bilateral chews on any given tool, then return to using only one Bite Tube

**4 **<sup>↑</sup> Articulation**

**3 **<sup>↑</sup> Resonation**

**2 **<sup>↑</sup> Phonation**

**1 **<sup>↑</sup> Respiration**
2. Horn Blowing: Criteria for success= 25X in rapid succession without a break

**GOALS:** Phonation, reduce/eliminate drooling, improve speech clarity, improve sensory awareness/reduce hypersensitivity

**Duration Requirements:** Horn #1: any duration; #2: 1 second duration; #3 & 4: 1+ second duration; #5, 6, 7 & 8: 2 second duration; #9 & 10: 2+ second duration; #11 & 12: 3 second duration.
ARTICULATION: Jaw Activities

1. Feeding Program - Chew on back molars
2. Non-Food Jaw Activities

1. Bite Block
2. Twin Bite Block
3. Bite Block for Jaw Stability

Jaw Grading Bite Blocks

Three sequential exercises for each Bite Block height:

1. Bite Block
2. Twin Bite Block
3. Bite Block for Jaw Stability
Jaw Grading Bite Blocks

Prerequisites:
1. Bite - Hold
2. Optimal Bite Posture

- Optimal Bite:
The optimal bite alignment that can be achieved with the existing jaw and dental structures.

- Occlusion is evaluated at the back molars
Jaw Grading Bite Blocks

Three sequential exercises for each Bite Block height:

1. Bite Block
2. Twin Bite Block
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**Jaw Grading Bite Blocks**

<table>
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<th>B. Twin Bite Block Exercise</th>
<th>C. Bite Block for Jaw Stability Exercise</th>
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<tbody>
<tr>
<td>Bite Block #2</td>
<td>15 sec R</td>
<td>15 sec L (1x)</td>
<td>15 sec R - 15 sec L (1x)</td>
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<tr>
<td>A. Bite Block</td>
<td>15 sec. R</td>
<td>15 sec. L (1x)</td>
<td></td>
</tr>
<tr>
<td>B. Twin Bite</td>
<td>15 sec. R ; 15 sec. L (1x)</td>
<td>15 sec. R ; 15 sec. L (1x)</td>
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<tr>
<td>C. Bite Block</td>
<td>15 sec. (1x)</td>
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Scenarios That Require Jaw Exercise Therapy

A. Symmetrical Jaw Instability

B. Asymmetrical Jaw Instability: both sides are weak, but one side is weaker

C. Asymmetrical Jaw Instability: only one side is weak

A. Symmetrical Jaw Instability

Therapy Technique

1 unit = 1x Right - 1x Left
(7 sec. R, 7 sec. L), 10X

Criteria for Success: 15 sec. per side, 1x
Progress to: Twin Bite Block Exercise with Bite Block #2
A THREE PART TREATMENT PLAN FOR ORAL PLACEMENT THERAPY

**Scenarios That Require Jaw Exercise Therapy**

**B. Asymmetrical Jaw Instability**

Therapy Technique
1 unit = 1x Right - 2x Left
(3 sec. L, 7 sec. R, 3 sec. L), 10X

Criteria for Success: 15 sec. per side, 1x
Progress to: Twin Bite Block Exercise with Bite Block #2

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**C. Asymmetrical Jaw Instability**

Therapy Technique
1 unit = 1x Right - 0x Left
(4 sec. R), 10X

Criteria for Success: 15 sec. per side, 1x
Progress to: Twin Bite Block Exercise with Bite Block #2
A THREE PART TREATMENT PLAN FOR ORAL PLACEMENT THERAPY

**PHONEME EX.** (all sounds except th)
(t, d, n, l, s, z, sh, ch, j, k, g)
(stability for co-articulation, er)

**MUSCLE MOVEMENT**

1. Retraction - Protrusion: Balance (Equal range of motion)
2. Retraction - Protrusion: Imbalance
   Gradual increase in retraction
   Gradual decrease in protrusion
3. Retraction (stability) - Lateralization of tip
   a. Midline to both sides
   b. Across midline
4. Retraction - Tip Elevation/Depression
5. Retraction - Back of Tongue Side Spread

**DISSOCIATION:** Tongue from Jaw

**Oral Placement Therapy**

**BLADE RETRACTION**
Lip Protrusion= Tongue Retraction
Straw Drinking Hierarchy

**Tongue Lateralization:** TalkTools: Tongue-Tip Lateralization Tool
**Prerequisite:** Complete all 3 exercises using Bite Block #2 - #5

Midline to Left
Midline to Right
Across Midline

**Criteria for success:** Repeat the appropriate unit 5 times
A THREE PART TREATMENT PLAN FOR ORAL PLACEMENT THERAPY

TONGUE TIP ELEVATION AND/OR DEPRESSION:
TalkTools® Tongue-Tip Elevation/Depression Tool

Prerequisite: Complete all 3 exercises using Bite Blocks #2 - #7

Tongue-Tip Elevation Up
Tongue-Tip Depression Down
Up and Down

Criteria for success: Repeat the appropriate unit 5 times

PRODUCTION OF /S/ AND /Z/
1. Place tip of tongue depressor between closed front teeth
2. Repeat “Up and Down” 5x
3. Say “ts” – freeze your articulators
4. “Where is your tongue tip?”
5. Teach /s/ and /z/ in that position

Phoneme Associations
1. Establish a Natural Bite
2. Bite Block
3. Twin Bite Blocks
4. Bite Blocks for Jaw Stability
5. Gum Chewing
6. Bubble Blowing
7. Horn Blowing
8. Straw Drinking
9. Golf Ball Air Hockey
10. Tongue-Tip Lateralization
11. Cheerio for Tongue Tip Elevation
12. Cheerio for Tongue Tip Depression
13. Tongue-Tip Up and Down - Production Criteria for /s, z/

Target Phonemes – /s, z/

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