Example Protocol

**Exercise Tool 4: Precision and Accuracy of Sounds**

- **Baseline Exercise:**
  - Close and press the lips around the “football shape” on the handle.
  - Place the lips on the “football shape” on the handle.
  - Produce each of the following sounds 5 times, making sure:
    - /p/: puh
    - /b/: bah
    - /m/: mah
    - /m/: mah
  - Repeat 5 times.

- **Suggested Training Exercise:**
  - The ‘lip stimulator’ gently pulls the handle out of the mouth until fatigue. Record number of /puh/ sounds made with clear articulation in 10 seconds.
  - On the palate, behind the front teeth close. Level of labial muscles: levator labii superioris and orbicularis oris.
  - Record the number of repetitions until fatigue.

- **Task:**
  - Using Ora-Light oral motor exercises for the successive approximation movements.
  - Vowel-consonant-vowel configurations for the bilabial, lingua-alveolar, and lingua-velar exercises for the successive approximation movements.

- **Goal:**
  - Articulated sounds.

- **Technical Information:**
  - A professional pack includes a DVD/CD/DVD.
  - A DVD is available to view online via our website: www.kapitex.com.
  - The following papers will provide useful background information. Use at the discretion of the therapist and patient.

  - *Stroke Patient.*
  - *Oral and Oropharyngeal Geriatric Rehabilitation: A new method for rehabilitation of the orally dyskinetic and/or incoordinate patient.*
  - *Prosthetic Functional Therapy: A new method for rehabilitation of the orally dyskinetic and/or incoordinate patient.*
  - *Presidential Functional Therapy: A new method for rehabilitation of the orally dyskinetic and/or incoordinate patient.*

- **CE Marking:**
  - CE marked in accordance with Medical Devices (EUROPEAN) Directive 93/42/EEC.
The Ora-Light® System of oral motor exercise tools is a major step forward for the Speech Language Therapist. Providing a set of practical tools for the successful treatment of patients with speech and swallowing disorders.

Clinical Background

The Ora-Light® Oral Motor Exercise System is a set of practical tools for the Speech Language Therapist. Providing a set of practical tools for the successful treatment of patients with speech and swallowing disorders.

Key therapy benefits

- The Ora-Light® Exercise System and regime enables the patient to carry out simple, consistent and repetitive exercises at home.
- The Ora-Light® System has been formulated after many years of clinical background, empirical research and observational data to design an exercise protocol, highlighting the specific treatment needs of the patient.
- The system also incorporates clinical background and empirical research to design an exercise protocol, highlighting the specific treatment needs of the patient.
- The Ora-Light® Exercise System and regime enables the patient to carry out simple, consistent and repetitive exercises at home.
- Patient’s reduced motor control is not a barrier to participation in their rehabilitation programme.
- Patient’s reduced motor control is not a barrier to participation in their rehabilitation programme.
- You & Ora-Light - dedicated to effective rehabilitation.

Ora-Light - the comprehensive therapy system with a structured rehabilitation program

The diagrams below show how each Ora-Light tool targets specific muscles in the mouth.

- Exercise Tool 1 - Lip stimulator
- Exercise Tool 2 - Tongue tip stimulator
- Exercise Tool 3 - Tongue shield stimulator
- Exercise Tool 4 - Back tongue stimulator

Ora-Light - your partner in effective rehabilitation

Experience the Ora-Light® Oral Motor Exercise System and regime for yourself and see the benefits for yourself.

Ora-Light® Exercise System and regime enables the patient to carry out simple, consistent and repetitive exercises at home.

Key rehabilitation benefits

- Provides a set of practical tools for the successful treatment of patients with speech and swallowing disorders.
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The Ora-Light System of oral motor exercise tools is a major step forward for the Speech Language Therapist. Providing a set of practical tools for the successful treatment of patients with speech and swallowing disorders.

Key therapy benefits

- Allows the Speech Language Therapist to target and maximize rehabilitation outcomes of patients with oral motor deficits.
- Ora-Light exercise tools help to improve the strength and movement of specific lip, tongue and cheek muscles.
- Specifically crafted from shatter-proof material to incorporate subtle and soft areas which encourage proper tongue, lip movements and contact.
- Simple to use with a comprehensive suggested exercise protocol, highlighting the specific muscles exercised, and including the phrasing and articulatory placement for sound production.
- Each tool is for Single Patient use.
- Inexpensive and cost effective. The cost of Ora-Light is the price of the solution, not the cost of the problem.

Ora-Light - your partner in effective rehabilitation

Experimental Speech Language Therapist will recognize the benefits of oral motor exercise in a wide variety of clinical applications. The use of Ora-Light tools would enhance therapy outcomes in the following areas:

- Dysphonia
- Dysphagia
- Apraxia
- Articulation disorders
- Oral Motor disorders
- Oral Cancer rehabilitation
- Laryngeal speech rehabilitation

We recommend that these tools be incorporated as part of the comprehensive treatment for speech, language and swallow disorders.

Ora-Light can be used alone starting with the lip stimulator and progressing to the tongue tip stimulator. These tools can be utilized in ‘resisted’ movement and ‘successive approximation’ resistant movement training exercises.

The suggested protocol overleaf includes ‘successive approximation’ resistant movement training exercises.

The use of Ora-Light system in speech and swallowing therapy after oral surgery, neurological and developmental problems will help to improve the quality of life.

The following comments by users of Ora-Light tools (in early research) clearly illustrates this point…

“...you can teach again without spraying your students with saliva”
“...I can now drink without a straw...”
“...I can kiss my wife without drooling!”

Inexpensive and cost effective. The cost of Ora-Light is the price of the solution, not the cost of the problem.

For you and Ora-Light…

...dedicated to effective therapy

Ora-Light exercise tools help to improve the strength and movement of specific lip, tongue and cheek muscles.

The Ora-Light System aids the therapist to target and maximize rehabilitation outcomes of patients with oral motor deficits.

Key rehabilitation benefits

- To provide valuable retention to patients by active participation in their rehabilitation programme.
- Audio CD available for patients to ‘listen’ and repeat the suggested exercise protocol - an ideal accompaniment at home.
- Ora-Light tools are inexpensive in helping therapists and patients to focus on regular exercise regime at home— which will help speed up rehabilitation and treatment outcomes.
- Patients’ dental status is not a limiting factor.
- Patients reduced motor control is not a barrier to the use of the Ora-Light System.

The Ora-Light Exercise System and Regime Enables the Patient to Carry out Simple, Consistent and Repetitive Exercises at Home

You and Ora-Light…

...dedicated to effective therapy

The Ora-Light System aids the therapist to target and maximize rehabilitation outcomes of patients with oral motor deficits.
The Ora-Light System of oral motor exercise tools is a major step forward for the Speech Language Therapist. Providing a set of practical tools for the successful treatment of patients with speech and swallow disorders.

**Clinical Background**

- Jack Light DDS, MSD, a maxillofacial prosthodontist, who has treated patients with oral motor deficits resulting in speech and swallowing problems.
- Ora-Light Oral Motor Exercise System is designed to simplify the rehabilitation process of patients suffering from oral motor deficits leading to impaired oral motor performance.
- The Ora-Light system assists oral motor exercise
- Exercise tools are designed to improve the strength and coordination of specific lip, tongue and cheek muscles.

**Key therapy benefits**

- Provides a set of practical tools for the successful treatment of patients with speech and swallow disorders.
- Each tool is for single patient use.
- Inexpensive and cost effective.
- The cost of Ora-Light is the price of the solution, not the cost of the problem.
- To provide valuable motivation to patients by active participation in their rehabilitation program.
- The Ora-Light tool system will help to provide a structured rehabilitation program.
- The Ora-Light Exercise System and regime enables the patient to carry out simple, consistent and repetitive exercises at home.

**Ora-Light - the comprehensive therapy system with a structured rehabilitation program**

The diagrams below show how each Ora-Light tool targets specific muscles in the mouth.

**You and Ora-Light...**

...dedicated to effective therapy

**Ora-Light - your partner in effective rehabilitation**

Experienced Speech Language Therapist will recognize the benefits of oral motor exercises in a wide variety of clinical applications. The use of Ora-Light tools would enhance therapy outcomes in the treatment of patients with oral motor deficits.

- Aids the Speech Language Therapist to target and maximize rehabilitation outcomes of patients with oral motor deficits.

**Exercise Tool 1 - Lip stimulator**

**Exercise Tool 2 - Tongue tip stimulator**

**Exercise Tool 3 - Tongue shield stimulator**

**Exercise Tool 4 - Back tongue stimulator**

**You and Ora-Light...**

...dedicated to effective therapy

**Key rehabilitation benefits**

- Assess the Speech Language Therapist to target and maximize rehabilitation outcomes of patients with oral motor deficits.
- Ora-Light exercise tools help to improve the strength and coordination of specific lip, tongue and cheek muscles.
- Specifically crafted from shatterproof material to incorporate shape and tactile areas which encourage proper tongue, lip movements and contact.
- Simple to use with a comprehensive suggested exercise protocol, highlighting the specific muscles exercised, and including the pharynx, intrinsic muscles, and extrinsic muscles.
- Each tool is for Single Patient use.
- Inexpensive and cost effective.

**Ora-Light Exercise System and Regime Enables the Patient to Carry Out Simple, Consistent and Repetitive Exercises at Home**

You and Ora-Light... dedicated to effective therapy

**Key rehabilitation benefits**

- To provide valuable motivation to patients by active participation in their rehabilitation program.
- Written on the Ora-Light system will help to provide a structured rehabilitation program.
- The Ora-Light tool system will help to provide a structured rehabilitation program.
- The Ora-Light Exercise System and Regime Enables the Patient to Carry Out Simple, Consistent and Repetitive Exercises at Home.
Example Protocol

MAINTAIN CLOSURE FOR 3 SECONDS, THEN RELAX.

CLOSE YOUR LIPS AROUND THE “FOOTBALL SHAPE” POSITION THE TONGUE TIP IN THE HOLE IN THE PALATE PORTION

PRODUCE EACH OF THE FOLLOWING SOUNDS 5 TIMES MAKING SURE MAINTAIN CLOSURE UNTIL PATIENT EXPERIENCES FATIGUE.

POSITION THE TONGUE TIP IN THE HOLE ON THE PALATAL SECTION

RECORD CLOSURE TIME UNTIL FATIGUE IN NUMBER OF SECONDS

CLOSE AND PRESS THE LIPS AROUND THE “FOOTBALL SHAPE” ON THE HANDLE

REPEAT 5 TIMES

BITE THE TEETH ON THE HANDLE BEHIND THE “FOOTBALL SHAPE” RECORD CLOSURE TIME UNTIL FATIGUE IN NUMBER OF SECONDS

TAKE A SIP OF WATER

COUNT THE NUMBER OF REPETITIONS IN 5 SECONDS FOR EACH OF THE

CLOSE AND PRESS THE LIPS AROUND THE “FOOTBALL SHAPE” ON THE HANDLE

CLOSE AND PRESS THE LIPS AROUND THE “FOOTBALL SHAPE” ON THE HANDLE

REPEAT THE FOLLOWING

PLACE THE LIPS ON THE “FOOTBALL SHAPE” ON THE HANDLE.

REPEAT 5 TIMES

Example Protocol

1. PLACE TOOL

2. RECORD CLOSURE TIME UNTIL FATIGUE IN NUMBER OF SECONDS

3. MAINTAIN CLOSURE UNTIL PATIENT EXPERIENCES FATIGUE.

4. REPEAT 5 TIMES

5. ATTEMPT TO KEEP THE DEVICE IN PLACE WHILE GENTLY PULLING THE

6. OPEN AND CLOSE THE LIPS

7. ATTEMPT TO KEEP THE DEVICE IN PLACE WHILE THERAPIST OR PATIENT

8. OPEN AND CLOSE LIPS AROUND THE “FOOTBALL SHAPE” AS MANY TIMES AS

9. TAKE A SIP OF WATER

10. COUNT THE NUMBER OF REPETITIONS IN 5 SECONDS FOR EACH OF THE

11. BASELINE EXERCISE

12. •

13. •

14. •

15. •

16. •

17. •

18. •

19. •