Swallowing and Speech Therapy Tools

The Swallowing Series for Therapist, Parents and Clients (accurate as of January 2024) Char Boshart, M.A., CCC-SLP

Every myofunctional therapist uses a variety of tools, mainly the ones they like, are familiar with, and that work. The following is an assortment of tools that may or may not be used in your myofunctional therapy. It's not an exhaustive list, but a list of tool suggestions and places where the items can be purchased if you so desire. The prices have not been included as they frequently change. Please become educated as to how to use them appropriately; use them with discretion. By way of disclosure, Speech Dynamics does not carry any of the following tools.

If you use additional tools that you think other therapists would be interested in knowing about, feel free to email me (Char@SpeechDynamics.com). Also, if you locate an alternative place to purchase an item, please let me know, and I share the information.

Disposable Oral Swabs (Toothettes)

Purchase "UT" Untreated
Many varieties of shapes, sizes, & stick material
All will accommodate what you need
Amazon.com





About: "Sponge on a stick." Toothettes are used to generate awareness of specific mouth-parts, and to squeeze up against to generate front- or mid- or back-tongue movement.

Small Straws/Coffee Stirrers

Amazon.com Plastic sip stirrers, 5 inch, 1000ct Any brand will work

About: These are typically used to lay across the blade of the tongue,

The client bites down on the stirrer and curls the front-tongue around the straw. It emphasizes midtongue contraction and front-tongue elevation.



Infant-Size Tongue Depressors

Amazon.com

https://harmonycr.com/puritan-700-infant-tongue-depressor/ Puritan Infant Tongue Depressor (usually a box of 1000) 4 ½" x 3/8"



About: Tongue depressors come in three sizes: adult, teen/junior, and infant/child-sized. These are the smallest and are the easiest for working inside the mouth. Bite on one with side teeth to stabilize the jaw; stroke the tongue-sides/side teeth to localize lateral bracing.

Flavored Spray

Amazon.com

Search: sugar free spray candy Too Tarts

(blueberry, green apple, strawberry assortment)

About: Use to flavor any oral tool. Flavor develops intrigue and helps to gain

entrance intra-orally. Localizes mouth-parts and makes therapy more enjoyable for the client.

Big Mouth Model

Several varieties on Amazon.com

a. Ultrassist Mouth Model (tongue is removeable), and

b. Ajaxscientific.com: Mouth Model with toothbrush

About: Each mouth model is made of hard plastic and has

coils that allows it to open w-i-d-e. The mouth itself is about 6 inches x 5 inches. Use it to put your handand your client's hand into the mouth, or remove the tongue to demonstrate a variety of stabilization and mobilization placements. Great for visual, tactile, and proprioceptive assists.





TalkTools Sensi®

TalkTools oral sensory tool

Gentle vibrations vibratory device; also pulses

Options: numerous optional tips and kits (the

TalkTools Sensi® Essentials Kit is displayed, along

with the vibratory device). Choose from a variety of functions and colors.



About: Super versatile oral vibratory therapy tool. Numerous attachments (for intra-oral use; feeding, jaw, mouth-part localization, etc.) are available that attach into the original device. Uses AAA batteries. A Word of Caution: Do NOT USE with individuals who have seizures. Vibratory tools have been known to trigger seizures in those who have seizures.

Check out TalkTools.com—they have an amazing assortment of therapy tools, as well as seminars.

ARK Probe® (white) and Z-Vibe®

Arktherapeutic.com

The ARK Probe (textured device)

The ARK Z-Vibe (gentle vibrations vibratory device) About The ARK Probe®: This is considered a stable

by many therapists. It is one of the first and most



versatile textured oral therapy tools. Use it to localize and provide sensory-input to any mouth part. Comes in a variety of sizes.

About The ARK Z-Vibe®: This, too, is a versatile vibratory staple in many therapist's tool kit. Use it with or without vibration. Vibration provides more intensive input to localize mouth-parts (front-tongue, mid-tongue, sides of the tongue), as well as generate muscle contraction. Many types of tool-attachments are available depending on the type of therapy you are doing.

A Word of Caution: Do NOT USE with individuals who have seizures. Vibratory tools have been known to trigger seizures in those who have seizures.

Check out Arktherapeutic.com—they have an amazing assortment of oral motor and feeding therapy tools, including an amazing assortment of chewing tools.

Nuk Massage Brush

SpecialSupplies.com (available as one Nuk)

Amazon.com (available as a pack of 3 Nuks)

About: This, too, is a staple of the myofunctional therapist. Please note that the Nuk Massage Brush has larger blunt bristles than The ARK Probe. This handy tool

is the go-to tool for applying press-release palpation on the back-tongue to localize awareness and generate movement. The back of the tongue typically requires a more intensive input than the front-tongue due to a difference in muscle fibers.



Rep (exercise) Tubing

Allegromedical.com (tubing is listed as Cando, not Rep)

Amazon.com (rep tubing)

Recommend: 25 feet (also have 100 feet)

Recommend Tubing Size: Orange or Green (smaller circumference)

About: This tubing is latex-free and intra-oral friendly. Use to bite on to stabilize the jaw or to exercise the jaw muscles. Blow through it, suction through it, or chase the tongue for lateral movement, if

desired. (FYI: Thera-Tubing is not intra-oral friendly; appropriate for external use only.)

Amazon.com:

Butler Floss Mate Dental Handle (left)

handles have come on the market. Any that have the appearance of these

handles will work. I do not recommend the smaller, less versatile type.

About: Use with or without dental floss. With floss, use to curl the front tongue. Without dental floss, use to call attention to lingual bracing areas. Palpate the tongue sides and the opposing placement (sides of the top teeth). Have the client "match" (contact) the two palpated areas. Great for /k//g/, /r/.



Flowers/Animals/Stars/Holiday (tactile indicators)

Amazon.com

WalMart.com

About: These Sprinkles comes in a round jar and is about 3" x 2\%" wide.

So you get a lot of sprinkles! They are very tiny, and can be placed on the

tip/blade of the tongue. The tongue then elevates up to the alveolar ridge in its desirable rest position. One sprinkle on the tongue lasts for several minutes (until you decide for them to chew and swallow).



HealthyTraditions.com

None of their cleaning agents contain silicone, binders, fillers, or other chemical additives; no synthetic chemicals

EPA registered to kill over 99.99% of germs

Benefect Botanical Disinfectant Wipes (250 wipes, 7" x 6")

Benefect Botanical Disinfectant

About: Just wash and wipe your therapy tool, spray or wipe on

The Benefect, let sit for 10 to 15 minutes, wash off, dry, and you're

good to go. Do not use on porous therapy tools (such as Toothettes and tongue depressors).

Spray Bottle

Amazon.com has some colorful ones.

Any type, glass (left) or bpa-free plastic (right) or color spray bottle will work, but transparent ones with a trigger-type handle are recommended. You'll need both the mist spray and the narrow spray for spraying down the sides of the teeth.











Flossaid Dental Floss Holder (right)

In recent years several brands and type of dental floss

