

DYSARTHRIA PROGRAMME

FACIAL MUSCLES

Clear articulation of speech requires good movement of the lips, jaw, tongue and palate. If you have any facial, lip or tongue weakness this can affect the production of some sounds and make your speech sound "slurred". These exercises are aimed to improve the range, strength, speed and accuracy of movement of the muscles of your lips and tongue.

Lips

1. To practise lip rounding, push your lips forward as far as possible as if you were whistling. Then relax. Repeat slowly 10 times.
2. Now practise this exercise saying the sound "OO" which is made with your lips in the pursed position. Repeat 10 times.
3. Stretch your lips in a broad smile, relax and repeat 10 times.
4. Now practice this exercise saying the sound "ee" which is made with your lips in the spread position. Repeat 10 times.
5. Now alternate between pursing and stretching your lips. Repeat 10 times.
6. Now practise alternating the sounds "OO" "EE". Repeat 10 times.
7. Hold your lips together tightly for a count of five. Then relax. Repeat 10 times.
8. Hold your lips together tightly and puff out your cheeks with air. Hold this position for a count of five and then release the air. Repeat 10 times.

9. Raise your upper lip in a "snarl" to bare your teeth. Hold for a count of five and relax. Repeat 10 times.
10. Practise saying these strings of sounds which are made with your lips. Aim to make a clear sound each time.

b a b a b a b

p a p a p a p

m a m a m a m

w a w a w a w

11. Now practise these short words containing the sounds b, p, m and w

me pea bee we

my pie bye why

move pam bow war

map beam wham

mop bomb whim

more

maybe

Tongue

1. Stick your tongue out as far as possible and then pull it back into your mouth. Relax and repeat 10 times.
2. Raise the tip of your tongue to behind your top teeth. Relax and repeat 10 times.
3. Raise the tip of your tongue outside your mouth towards your nose. Then relax. Repeat this up and down movement 10 times.
4. Move your tongue to touch each corner of your mouth alternatively. Relax. Repeat 10 times.
5. Push your tongue into each cheek. Repeat 10 times.
6. Slowly lick your lips. Start at one corner of your mouth and lick all the way round to where you started from.
7. Move your tongue in between your teeth and lips. Begin with your upper lip and teeth and work your way from one side to the other. Then repeat, moving your tongue between lower teeth and lip. Repeat 10 times.
8. Practise these series of sounds made with the tongue raised up to behind your top teeth.

ta ta ta ta

la la la la

da da da da

na na na na

9. Now practise these short words containing these sounds.

tea late tan light done

do lad toad dole toil

not mail deal dune loan

10. Also practise raising the back of your tongue as in the sounds (k), (g) and (ng)

car go long

key guy gang

core gurgle tongue

cake giggle song

cook wig hang

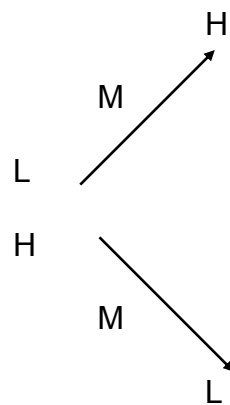
PITCH & INFLECTION CONTROL

1. To extend the pitch range, sing up and down part of a scale; e.g. low, middle, high using the sounds /la/, /ah/, /bee/, /da/ etc. If you have a tape recorder record this exercise and listen back to hear how many changes you are able to produce.

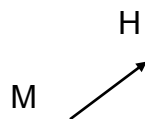
2. Once you are able to produce 5 distinct changes reliably practice the following exercise:

Using the following sounds /ah/ or /ooh/ glide up and down as follows:-

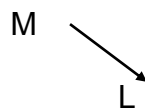
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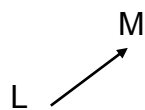
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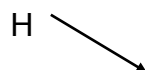
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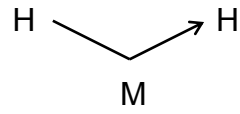


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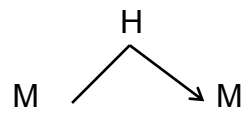


M

6.



7.



As you become competent in making these changes, treatment will focus on incorporating this ability into speech, initially short sentences and later normal everyday speech.