



## Helpful hints and tips for therapy success

We want you to be successful in your therapy!  
Below are some hints and tips to ensure that your time with us can be effective!

A glass of water is sometimes required for certain exercises or a good throat cleanser.  
Be sure to have one next to you in case you need it!

For some exercises, a handful of crackers are needed to work on swallowing  
exercises; any type or brand! Just a few are helpful.

Proper lighting is VERY important so that your therapist can  
see how your muscles are moving! A desk lamp or a portable ring light are great resources.

In order to really see if you are compensating or tensing other muscles, a mirror  
is very important to have next to you! We want you to practice in a mirror as well, so  
you can check your posture, muscle tensions, and technique!

