

# ORAL MOTOR THERAPY

Oral motor skills refer to the movements of the muscles in the mouth, jaw, tongue, lips and cheeks. The strength, coordination and control of these oral structures are the foundation for feeding related tasks, such as sucking, biting, crunching, licking and chewing. They are also important for speech articulation and facial expression. In addition to the development of oral motor skills, there are other sensory-related functions that come into play when examining an individual's feeding abilities.

Oral motor difficulties are caused by an event or disease that damages an area of the brain responsible for oral muscle control. These include: stroke, TBI (Traumatic Brain Injury), Motor Neuron Disease, Cerebral Palsy, tumor.

The Symptoms that are related to Oral Motor Disorders include:

- Poor strength and coordination of the lips, tongue, and jaw
- Poor speech clarity ("muddled" speech)
- Poor muscle tone in the face (muscles appear to be "sagging")
- Excessive drooling
- Difficulty with chewing and swallowing (feeding difficulties)
- Voice changes - speech sounding hoarse, nasal, or soft
- Unable to perform coordinated oral movements

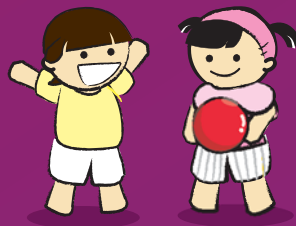


Oral motor therapy is done by exercising the muscles of your mouth. Oral motor exercises are occasionally necessary for weak articulators or muscles in the mouth and face for speech production. They sometimes need strengthening, increase range of motion and/or have better coordination. These can help a child make speech sounds clearer as well as help with the eating/feeding/swallowing problems that some children have difficulty with.

When an oral motor deficit is present, a speech-language pathologist can provide a professional evaluation and develop a comprehensive treatment plan. The therapy includes techniques such as TalkTools® program which is an Oral Placement therapy by Sara Rosenfield- Johnson and PROMPT (Prompts for Restructuring Oral Muscular Phonetic Targets) and more. The activities may include sucking thickened drinks through straws; blowing cotton balls, horns, whistles and blow toys; chewing and mouthing plastic and rubber objects to increase jaw strength; licking spreads and other foods (e.g. chocolate spread, yogurt etc.) around the mouth; and playing with "oral motor tools and toys".

Common speech disorders that benefit from oral motor therapy are:

- Verbal apraxia
- Oral apraxia
- Dysarthria



**Contact us Today to arrange a Consultation**

We are a friendly and family-oriented centre.

Our Speech-Language Therapists are professionally-trained and internationally-accredited.



SPEECH THERAPY FOR KIDS

**Dynamics Speech**

583 Orchard Road #15-04 Forum Singapore 238884

Phone: 6100 9235

Email: [speech@dynamics.com.sg](mailto:speech@dynamics.com.sg)

Website: [www.dynamics-speech.com.sg](http://www.dynamics-speech.com.sg)

*Call us today!*  
**6100 9235**