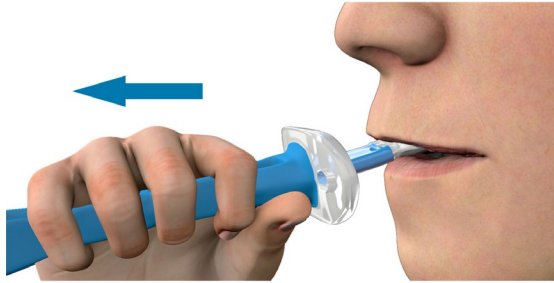


- SLP developed exercises designed to strengthen and promote coordination of the tongue and lips

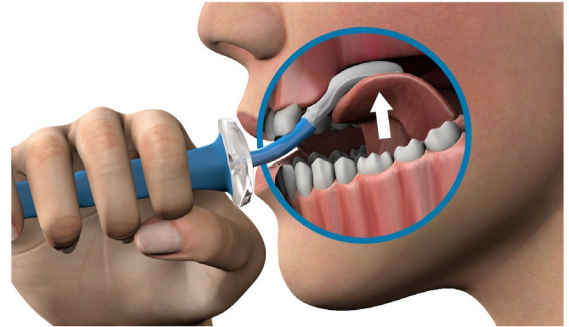
Start all suggested exercises with the **Abilex™** device in your mouth with the bulb flat on the center of your tongue.

Lip Press and Pull



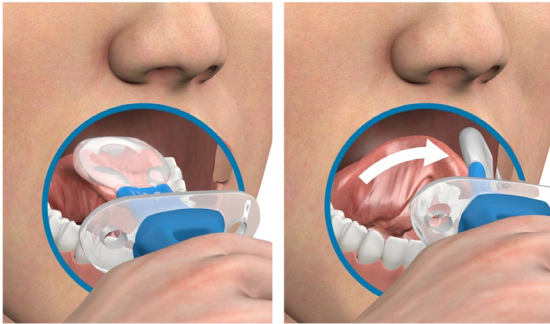
- 1 Tightly press your lips around the tether of the **Abilex™** device
- 2 Keep the bulb inside your mouth by pressing your lips firmly together
- 3 Gently pull on the **Abilex™** device handle for 3-5 seconds
- 4 Relax and repeat 5 times.

Tongue Push Up



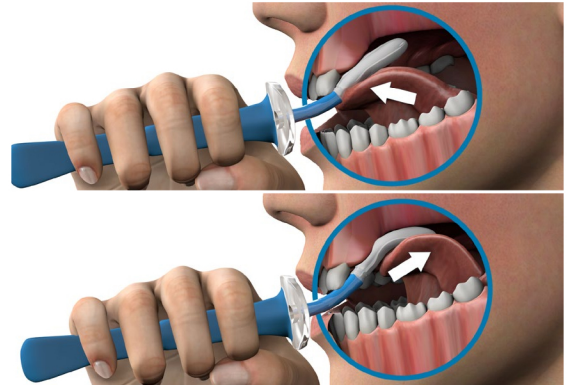
- 1 Push up with your tongue to press the **Abilex™** device against the roof of your mouth
- 2 Hold for 3-5 seconds
- 3 Relax and repeat 5 times

Bulb Side to Side



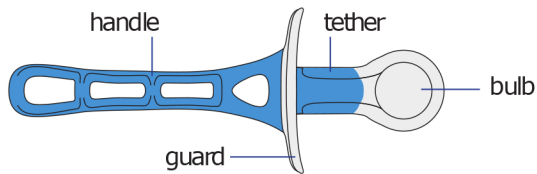
- 1 Move the bulb from the center to the left side of your mouth with your tongue and hold for 3-5 seconds
- 2 Relax and repeat 5 times
- 3 Perform the same action to the right side of your mouth with your tongue
- 4 Relax and repeat 5 times

Bulb Front to Back



- 1 Push the bulb against the roof of your mouth with your tongue
- 2 Creating a slight suction, move the bulb forward and backwards along the roof of your mouth 5 times using your tongue
- 3 Relax and repeat 5 times

Work towards 3 sets of suggested exercises 3 times per day



Exercises are provided for information purposes only. Consultation with a healthcare provider is recommended prior to use.

Do NOT actively chew on the **Abilex™** device.

NOTE: If redness or soreness occurs in the tissue of the mouth, tongue or lips, stop use and contact your healthcare provider.