

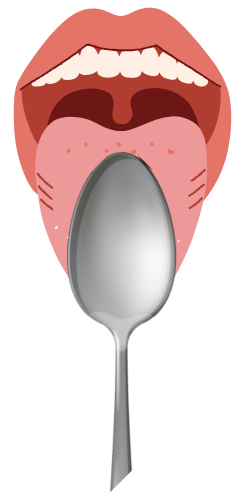
Modified Thermal Tactile Stimulation

Aim

To elicit a swallow or to make swallows more prompt.

Instructions

1. Place a metal spoon in a cup of ice until it is cold.
2. Drain the water from the spoon.
3. Position the cold spoon on the middle of the tongue, slightly towards the back of the mouth.
4. Press down firmly on the tongue ____ times.
5. Remove the spoon and instruct the patient to swallow
6. Repeat this ____ times.
7. Do this ____ times per day.



Tips

- Allow the spoon to be sufficiently cold for better effect
- If the patient gags, re-position the spoon slightly forward towards the front of the mouth

Contributed by Speech Therapy, Rehabilitation, Allied Health Services

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