

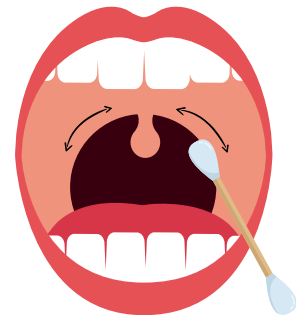
Thermal Tactile Stimulation

Aim

To elicit a swallow or to train more timely swallows.

Instructions

1. Prepare one of the following items:
 - Pre-packed lemon swabs from the pharmacy
 - Cotton swab with a long stick soaked in cold lemon juice
2. Ask the patient to open his/her mouth wide and look for the anterior faucial pillars.
3. Stroke the right and left side of the anterior faucial pillars with deep pressure _____ times.
4. Remove the swab and instruct the patient to swallow their saliva.
5. Repeat this _____ times.
6. Do this _____ times per day.



Anterior Faucial Pillars

Tips

If the patient gags, rub the lemon swab along the middle of his/her tongue instead.

Contributed by Speech Therapy, Rehabilitation, Allied Health Services

