

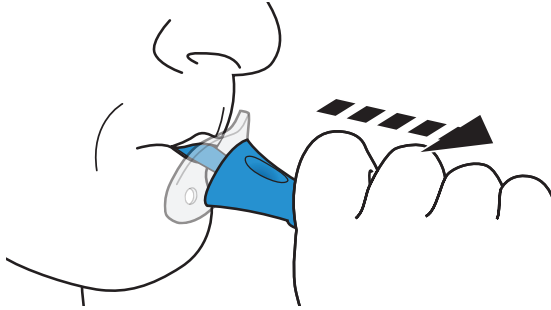
AbilEx™

Oral Motor Exerciser

- Safely **stimulates** and **exercises** parts of the oral cavity
- **Strengthens** the lips, tongue, jaw and mouth
- Maintains **flexibility** and **coordination** of the tongue

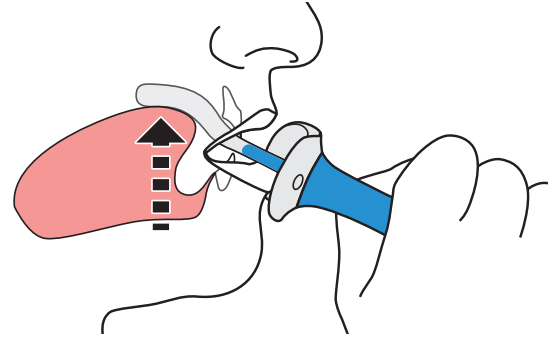
Start all suggested exercises with the **AbilEx™** device in your mouth with the bulb flat on the center of your tongue.

Lip Press and Pull



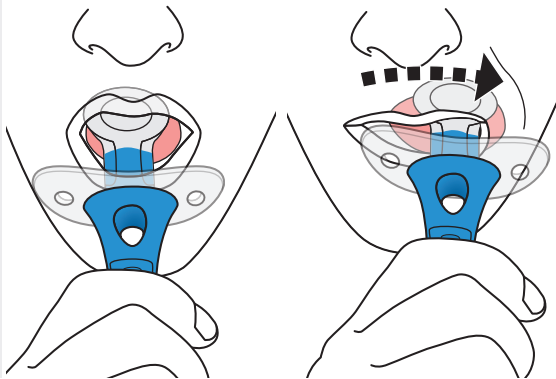
- 1 Tightly press your lips around the tether of the **AbilEx™** device
- 2 Keep the bulb inside your mouth by pressing your lips firmly together
- 3 Gently pull on the **AbilEx™** device handle for 3-5 seconds
- 4 Relax and repeat 5 times.

Tongue Push Up



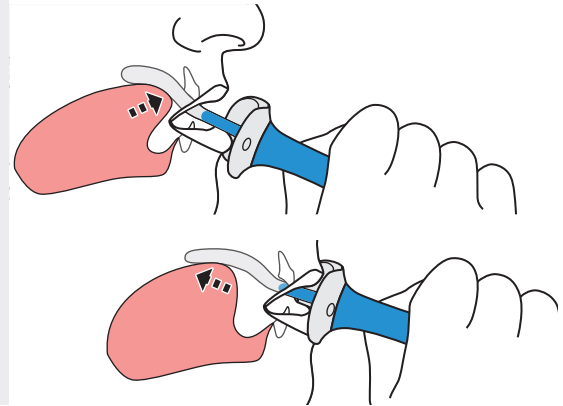
- 1 Push up with your tongue to press the **AbilEx™** device against the roof of your mouth
- 2 Hold for 3-5 seconds
- 3 Relax and repeat 5 times

Bulb Side to Side



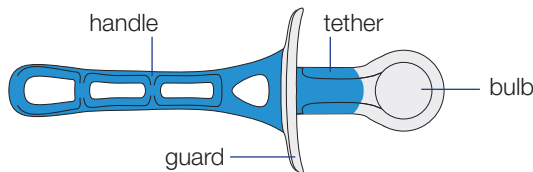
- 1 Move the bulb from the center to the left side of your mouth with your tongue and hold for 3-5 seconds
- 2 Relax and repeat 5 times
- 3 Perform the same action to the right side of your mouth with your tongue
- 4 Relax and repeat 5 times

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.

TrudellMed.com/AbilEx



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