

MODULE PARENTS AND EXPERTS

ACTIVITY 5. SPEECH THERAPY INFOGRAPHIC

- **TIME:** Periodically.
- **RESOURCES:** Infographics of speech therapy exercises.
- **LANGUAGES:** ENG / SPA.

DESCRIPTION:

Diseases that involve muscular dystrophy and atrophy often cause difficulty speaking (dysarthria) due to weakening of the muscles in charge of this function. Thus, people affected by these diseases benefit from performing speech therapy exercises.

Practising these exercises on a regular basis is a way to maintain and improve speech, improving the quality of life. To have a reference of how to practise these exercises we propose a guide with infographics that facilitate the understanding of how to perform them correctly.

OBJECTIVES:

Facilitate the understanding of how to perform speech therapy exercises correctly. The continuous practise of these exercises in patients with dysarthria can lead to an improvement of their quality of life.

LESSON OVERVIEW:

Infographics with short explanation that can serve as a guide of how to perform speech therapy exercises for persons affected by muscle dystrophies.

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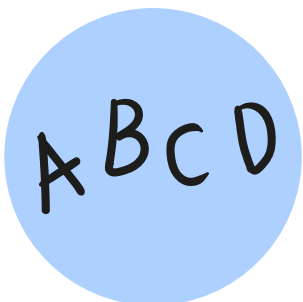
Muscle Strengthening Exercises

- Chewing Exercises: Biting foods with different textures to strengthen the jaw muscles.
- Tongue Exercises: Moving the tongue to the sides, over and down, and holding it in different positions to strengthen the lingual muscles.
- Lip Exercises: Performing stretching, puckering, and blowing movements with the lips to strengthen the facial muscles.



Speech and Voice Control Exercises

- Diaphragmatic Breathing: rehearsing deep and controlled breathing using the diaphragm to ameliorate respiratory support during speech.
- Articulation Exercises: Repeating specific sounds, syllables, and words that bear the use of facial and lingual muscles to ameliorate speech delicacy and clarity.
- Accentuation and meter: Exercises rehearsing modulation of speech accentuation and meter to ameliorate ignorance and oral expressiveness.



Speech Facilitation ways

- Tactile Stimulation: Applying gentle traces or climate to specific areas of the face, tongue, or throat to stimulate the muscular response and grease speech.
- Facial Massage: Performing gentle indirect movements on the facial muscles to relax them and prepare them for speech product.
- Verbal Facilitation ways: Using strategies similar as reiteration, modification, and emphasis on specific sounds or words to ameliorate articulation and speech clarity.