

SESSION FIFTEEN

(HABITUATION PHASE)



TOTAL CARE
DENTAL & WELLNESS

TECHNIQUES	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
<p>BALLOON BLOW UP INHALE THROUGH NOSE, EXHALE INTO A LARGE BALLOON (17 INCHES) TO BLOW IT UP. 2 MINUTES 2X/DAY</p>							
<p>WALL SLIDES STAND BACK AGAINST WALL, ARMS BENT AT 90 DEGREES. SLIDE DOWN WALL KEEPING YOUR BACK AND ARMS TOUCHING IT. STAND BACK UP. 30X 2X/DAY</p>							
<p>AA-EE-II-OO-UU PRONOUNCE EACH VOWEL SOUND CLEARLY AND DISTINCTLY IN A CONTINUOUS SEQUENCE (AA, EE, II, OO, UU). EXAGGERATED MOVEMENTS LIPS AND TONGUE. 10X 2X/DAY</p>							
<p>TONGUE BRUSHES 10X 2X/DAY</p>							
<p>BALLOON HOLD EQUALIZE PRESSURE IN ORAL CAVITY WITH BALLOON, BUILD TIME – HUM – AIR PRESSURE IS IN BACK OF THROAT. 2 TIMES 2X A DAY</p>							
<p>REMINDER SPOT 30 MINUTES 1X/DAY</p>							