CHEEK SENSORY - 4 Intra-Oral Air Stimulation: Side

Suck in air. Close lips and push air into ____ cheek cavity. Do not allow air to escape.

Hold _____ seconds.
Repeat _____ times.
Do _____ sessions per day.

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CHEEK SENSORY - 5 Intra-Oral Air Stimulation: Sides

Suck in air. Close lips and push air into both cheek cavities. Avoid pushing out lips. Do not allow air to escape.

Hold _____ seconds.
Repeat _____ times.
Do _____ sessions per day.
CHEEK SENSORY - 7  Intra-Oral Air Stimulation
Side Alternating

Suck in air. Close lips and push air into cheek cavity. Shift air from one cheek to the other. Alternate sides one time per second.
Repeat _____ times. Do _____ sessions per day.

CHEEK SENSORY-MOTOR - 9  Resistive
(Press vs Push): Side

Suck air into mouth and puff out _____ cheek. Hold. At same time apply finger pressure in center of same cheek. Hold lips tightly together so air does not escape.

Hold _____ seconds.
Repeat _____ times.
Do _____ sessions per day.
CHEEK SENSORY-MOTOR - 10 Resistive
(Press vs Push): Sides

Suck air into mouth and puff out both cheeks. Hold. At same time, apply finger pressure in center of both cheeks. Hold lips tightly together so air does not escape.

Hold _____ seconds.
Repeat _____ times.
Do _____ sessions per day.
CHEEK SENSORY - 4 Intra-Oral Air Stimulation: Side

Suck in air. Close lips and push air into cheek cavity. Do not allow air to escape.

Hold _____ seconds.
Repeat _____ times.
Do _____ sessions per day.

CHEEK SENSORY - 5 Intra-Oral Air Stimulation: Sides

Suck in air. Close lips and push air into both cheek cavities. Avoid pushing out lips. Do not allow air to escape.

Hold _____ seconds.
Repeat _____ times.
Do _____ sessions per day.

CHEEK SENSORY - 7 Intra-Oral Air Stimulation Side Alternating

Suck in air. Close lips and push air into cheek cavity. Shift air from one cheek to the other. Alternate sides one time per second.

Hold _____ seconds.
Repeat _____ times. Do _____ sessions per day.

CHEEK SENSORY-MOTOR - 9 Resistive (Press vs Push): Side

Suck air into mouth and puff out cheek. Hold. At same time apply finger pressure in center of same cheek. Hold lips tightly together so air does not escape.

Hold _____ seconds.
Repeat _____ times.
Do _____ sessions per day.

CHEEK SENSORY-MOTOR - 10 Resistive (Press vs Push): Sides

Suck air into mouth and puff out both cheeks. Hold. At same time, apply finger pressure in center of both cheeks. Hold lips tightly together so air does not escape.

Hold _____ seconds.
Repeat _____ times.
Do _____ sessions per day.