PALATE SENSORY - 1
Thermal and / or Apparatus Stimulation: Center

Press center of soft palate with a tongue depressor or rounded part of spoon.

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

PALATE SENSORY - 2
Thermal and / or Apparatus Stimulation: Side

Press ____ side of soft palate with a tongue depressor or rounded part of spoon.

Hold _____ seconds. Repeat _____ times. 
Do _____ sessions per day.
PALATE SENSORY - 3
Thermal and / or Apparatus Stimulation
Middle to Soft Palate

Press middle roof of mouth with a tongue depressor or rounded part of spoon. Lift and press in small steps moving as far back as possible on roof of mouth.
Press _____ seconds per step. Repeat _____ times.
Do _____ sessions per day.

PALATE SENSORY - 4
Thermal and / or Apparatus Stimulation
Center to Side Soft Palate

Press center of soft palate with a tongue depressor or rounded part of a spoon. Lift and press in small steps moving to ____. Final pressure point will be behind teeth on side.
Press _____ seconds per step. Repeat _____ times.
Do _____ sessions per day.
PALATE SENSORY - 5  Tongue Assist Stimulation
Soft Palate

Place back of tongue firmly against soft palate.

___ Release abruptly with air making "k" sound.
___ Release abruptly with voice making "g" sound.

Repeat _____ times.  
Do _____ sessions per day.

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PALATE SENSORY - 6  Tongue Assist Stimulation
Center to Side Soft Palate

Place tongue tip firmly against soft palate. Slide tongue to right side. Slide back to center.

Repeat _____ times.  Do _____ sessions per day.
**PALATE SENSORY - 1**  
Thermal and / or Apparatus Stimulation: Center

Press center of soft palate with a tongue depressor or rounded part of spoon.  
Hold ____ seconds. Repeat ____ times.  
Do ____ sessions per day.

**PALATE SENSORY - 2**  
Thermal and / or Apparatus Stimulation: Side

Press ____ side of soft palate with a tongue depressor or rounded part of spoon.  
Hold ____ seconds. Repeat ____ times.  
Do ____ sessions per day.

**PALATE SENSORY - 3**  
Thermal and / or Apparatus Stimulation  
Middle to Soft Palate

Press middle roof of mouth with a tongue depressor or rounded part of spoon. Lift and press in small steps moving as far back as possible on roof of mouth.  
Press ____ seconds per step. Repeat ____ times.  
Do ____ sessions per day.

**PALATE SENSORY - 4**  
Thermal and / or Apparatus Stimulation  
Center to Side Soft Palate

Press center of soft palate with a tongue depressor or rounded part of a spoon. Lift and press in small steps moving to ____ . Final pressure point will be behind teeth on side.  
Press ____ seconds per step. Repeat ____ times.  
Do ____ sessions per day.

**PALATE SENSORY - 5**  
Tongue Assist Stimulation  
Soft Palate

Place back of tongue firmly against soft palate.  
____ Release abruptly with air making "k" sound.  
____ Release abruptly with voice making "g" sound.  
Repeat ____ times.  
Do ____ sessions per day.

**PALATE SENSORY - 6**  
Tongue Assist Stimulation  
Center to Side Soft Palate

Place tongue tip firmly against soft palate. Slide tongue to ____ side. Slide back to center.  
Repeat ____ times.  
Do ____ sessions per day.

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**COMMENTS:**

Patient Name/Number:
Clinician Name/Signature:
Date:

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