

## SPOT AWARENESS AND CONSISTENCY

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shows where  
"spot" is

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Before moving forward, we must assure that the client can *find the "spot" consistently*. The client is taught the precise location of the "spot" by using a variety of approaches.

The therapist may find that it is not difficult for many clients, especially older ones, to demonstrate spot awareness consistently. They may not need more than one or two activities below to move beyond this section. Be certain that the tongue is not curling backwards, however, since that does not acceptably meet the goal of "tongue to spot."



1. \* Stimulation of the spot (incisive papilla). Select from the following techniques as needed:
  - a) Client opens mouth widely. With tiny bar/coffee stir straw, helper taps lightly on posterior part of the incisive papilla.
  - b) Helper uses finger cot or glove to apply pressure to spot and taps spot.
  - c) Helper taps the spot with the tip of cotton swab dipped into cold liquid of choice such as lemonade, ice water, slush, etc.
  - d) Client opens mouth. Helper dries incisive papilla area and places flattened raisin or a drop of syrup, honey, or peanut butter on the spot.

\* After stimulation as directed above, client immediately attempts to place tongue tip to spot and hold the position with mouth open. Mouth prop may be used to increase and maintain mouth opening. Then continue as described below.
2. Tongue Tip To Spot - The goal is to "lock into the brain" the precise placement for the tongue tip on the spot and the awareness of how it feels to hold tongue tip to spot.
  - a) Adjust 2- or 3-Way Mouth Prop. Place Neon Exercise Elastic on tip of tongue. Lift tongue, holding elastic onto spot steadily, and increasing time to 60 seconds.
  - b) If (a) cannot be achieved, or if tongue continues to curl backwards or retract, try the following:
    - (1) Use Mouth Prop. Place elastic on tongue tip. Raise elastic to mid palatal area. Gradually slide elastic forward along palate towards spot.
    - (2) Use Mouth Prop. Place curled tongue tip on outside surface of upper central incisor. Maintaining contact with teeth, slowly drag tongue tip inward towards spot.
    - (3) Place the tongue tip and elastic to spot *with teeth closed*, and then keep tip to spot as the jaw is lowered. Open to maximum, keeping elastic to spot. Hold for 60 seconds.

### **Without Assistance criteria:**

- Demonstrate repeated placement of tongue tip to spot 10 times in a row.
- Maintain correct placement for 60 seconds