

# Dysarthria Treatment Exercises

The following exercises are designed to target various aspects of speech affected by dysarthria. Consistent practice and integration into daily communication are essential for progress.

<b>Oral Motor Skills Enhancement</b>	<b>Articulation Practice</b>
<b>Objective:</b> <ul style="list-style-type: none"><li>Improve the strength and coordination of the muscles involved in speech.</li></ul> <b>Exercises:</b> <ul style="list-style-type: none"><li>Tongue stretches and exercises</li><li>Lip and cheek exercises</li><li>Jaw exercises for strength and mobility</li></ul>	<b>Objective:</b> <ul style="list-style-type: none"><li>Enhance the clarity of speech sounds.</li></ul> <b>Exercises:</b> <ul style="list-style-type: none"><li>Tongue stretches and exercises</li><li>Lip and cheek exercises</li><li>Jaw exercises for strength and mobility</li></ul>
<b>Breath Support Exercises</b>	<b>Resonance Control</b>
<b>Objective:</b> <ul style="list-style-type: none"><li>Strengthen the diaphragm and control breathing for speech.</li></ul> <b>Exercises:</b> <ul style="list-style-type: none"><li>Deep breathing exercises</li><li>Controlled exhalation activities</li><li>Speaking on exhalation to improve breath control during speech</li></ul>	<b>Objective:</b> <ul style="list-style-type: none"><li>Manage the flow of air and vibration for speech.</li></ul> <b>Exercises:</b> <ul style="list-style-type: none"><li>Humming exercises</li><li>Nasal consonant drills</li><li>Vowel prolongation exercises</li></ul>
<b>Pitch and Volume Modulation</b>	<b>Rate Control Exercises</b>
<b>Objective:</b> <ul style="list-style-type: none"><li>Control the pitch and loudness of the voice.</li></ul> <b>Exercises:</b> <ul style="list-style-type: none"><li>Pitch glides (varying pitch up and down)</li><li>Volume control exercises (practicing speaking at different volumes)</li></ul>	<b>Objective:</b> <ul style="list-style-type: none"><li>Achieve an optimal speech rate to improve intelligibility.</li></ul> <b>Exercises:</b> <ul style="list-style-type: none"><li>Pacing board use</li><li>Metronome-assisted speaking</li><li>Chunking phrases into shorter segments</li></ul>
<b>Prosody Enhancement</b>	<b>Phonatory Control</b>
<b>Objective:</b> <ul style="list-style-type: none"><li>Work on the rhythm and melody of speech.</li></ul> <b>Exercises:</b> <ul style="list-style-type: none"><li>Imitating patterns of speech</li><li>Reading aloud with expressive intonation</li><li>Singing simple songs</li></ul>	<b>Objective:</b> <ul style="list-style-type: none"><li>Improve the function of the vocal folds for clearer voice production.</li></ul> <b>Exercises:</b> <ul style="list-style-type: none"><li>Sustained vowel phonation</li><li>Pitch modulation exercises</li><li>Vocal intensity drills</li></ul>

Non-Speech Oral Motor Exercises	Functional Communication
<p><b>Objective:</b></p> <ul style="list-style-type: none"> <li>• Increase overall oral motor control without producing speech.</li> </ul> <p><b>Exercises:</b></p> <ul style="list-style-type: none"> <li>• Blowing bubbles</li> <li>• Sucking through straws of varying thicknesses</li> <li>• Chewing exercises with different textures</li> </ul>	<p><b>Objective:</b></p> <ul style="list-style-type: none"> <li>• Apply the improved speech skills in real-life communication situations.</li> </ul> <p><b>Exercises:</b></p> <ul style="list-style-type: none"> <li>• Role-playing everyday communication scenarios</li> <li>• Using communication strategies with family and friends</li> <li>• Technology-assisted communication practices</li> </ul>

## Integrating Exercises into Daily Life

To better integrate these exercises, follow these steps:

1. Schedule exercises during established daily routines (morning, meal times, evening).
2. Set specific times for focused practice to create a habit.
3. Use technology for reminders and tracking (phone alarms, habit-forming apps).
4. Involve communication partners by explaining your exercises and goals for supportive practice in real conversations.

## Monitoring Progress

This log is designed for daily tracking, enabling a structured overview of exercise adherence, progress observations, achievements, and personal remarks. Regular entries foster a habit of practice and self-reflection, which is crucial for continuous improvement in managing dysarthria.

**Instructions for Use:**

- **Date:** Enter the current date of your practice session.
- **Daily exercises:** List the specific exercises you practiced that day. Refer to the earlier sections for detailed exercise descriptions.
- **Progress notes:** Note any improvements, challenges, or observations made during your exercises. This can include increased ease in performing certain exercises, difficulties encountered, or any changes in your symptoms.
- **Milestones achieved:** Document any significant achievements related to your dysarthria management. Milestones can range from noticeable improvements in speech clarity, increased breath control, to successful application of exercises in daily communication.
- **Remarks:** Use this column for additional notes, thoughts, or reflections on your practice session. This can include how you felt during the exercises, any strategies that helped you, or adjustments you plan to make for future sessions.

## Monitoring Progress

Date	Daily Exercises	Progress Notes	Milestones Achieved	Remarks