

SwallowSTRONG Therapy Guide

Once you have customized therapy targets determined by your therapist, you are ready to start therapy. Following these instructions will ensure you can navigate through therapy quickly and easily.

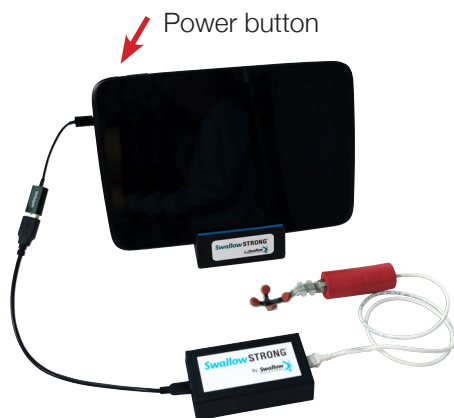


Figure 1. The **power button** is on the upper left edge of the device.

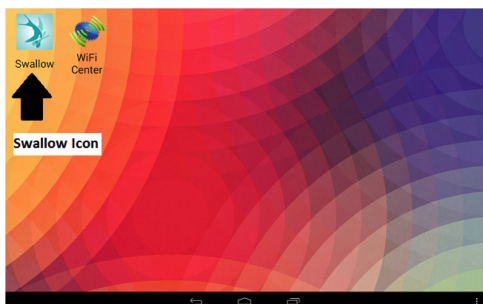


Figure 2. Home screen. Tap the **Swallow Icon** to start therapy.

1. Plug in the mouthpiece and ensure all cords and connections are secure. See *components set-up for details*.
2. Power the device on and wait until the home screen appears. See *Figure 1*.
3. Tap the **'Swallow' icon** to start therapy. See *Figure 2*.
4. The message **'Allow the app Swallow to access the USB device?'** will appear. **Tap OK.**
5. The message **'Enter Mouthpiece Information Or Plug in a Mouthpiece'** will appear. The mouthpiece serial number will automatically appear in the white box. **Tap Submit to continue.**
6. The message **'Prepare to Calibrate Sensors'** will appear. Tap the screen to start calibration. Note, do not touch the sensors during calibration.
7. The message **'Calibration complete'** will appear. Tap the screen to continue.
8. Put the molded mouthpiece in your mouth, so that it's flush against the roof of your mouth.
9. **Follow the on-screen instructions** throughout the therapy course.

NOTE: The program highlights in yellow the sensor to be focused on during the therapy.

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Tips for Therapy

1. Meet your goals by pushing the **needle into the green zone** and keeping it there. See *Figure 3*.
2. **Rest between presses** to ensure endurance throughout the therapy session.

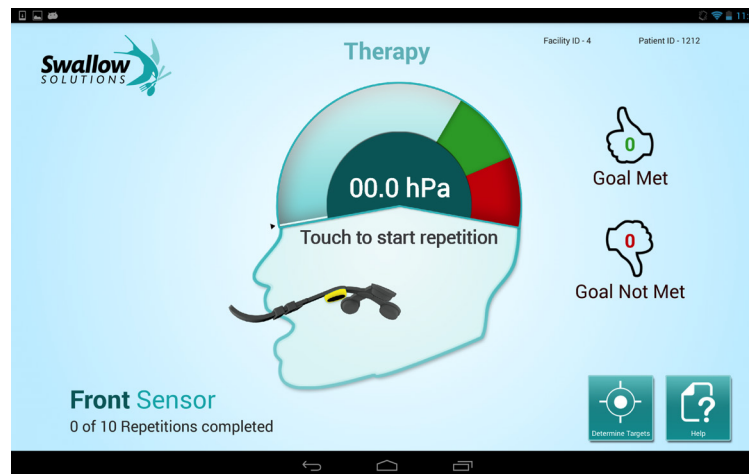


Figure 3. A moving line will indicate the pressure generated during a tongue press. Keep the line in the green zone or above to earn a thumbs up.