

Continue

























This post, you'll find 24 dysarthria exercises, strategies, and treatment ideas for your life easier, including step-by-step instructions, word lists, reading materials, and free PDFs. Bookmark this page to open during treatment. Or feel free to copy and print the resources in this article. For pre-made handouts and materials, visit our shop! Popular Articles Dysarthria is a motor speech disorder caused by weakness of the speech muscles. Dysarthria speech may sound unclear, mumbled, or slurred. Common causes of dysarthria are stroke, ALS, and Parkinson's Disease. When deciding which dysarthria treatments to choose, focus on your patients underlying impairment. To do this, ask yourself: What signs and symptoms am I seeing? Will speech therapy improve their ability to communicate more naturally and intelligibly? If yes, what subsystem is impacting their speech naturalness and intelligibility the most? If no, who should I refer out to? Encourage follow-through at home. And encourage caregivers to use their listener strategies. More on those below. Remember that the ultimate goal of dysarthria therapy is to improve your patients quality of life which you can only identify by listening to their wants and needs. Always start there! When treating dysarthria, keep in mind how an injured brain recovers. Use the principles of neuroplasticity: Use it or lose it. If the part of the brain that controls a function isn't activated, you'll lose function. Use it and improve it. The more you practice a specific brain function, the more that function improves. Be specific. Brain changes happen in the parts of the brain being activated. Repetition. You'll learn a movement better if you practice that movement a lot and over an extended period of time. Intensity. You need a certain threshold of intensity (e.g., length of exercise, number of sessions) to induce neuroplasticity. But, this is not true for neuromuscular disease (i.e. ALS). Time Matters. Different forms of neuroplasticity happen at different times in the brain injury recovery process. However, treating earlier is usually better. Salience. Meaningful activity maximizes neuroplasticity. Age. Although younger brains have more neuroplasticity, older brains can still change (but at a slower rate). Transference. Neuroplasticity from one training experience (e.g. loud speech) sometimes transfers to or enhances related skills (swallowing). Interference. Not all neuroplasticity is good! An example is a compensatory behavior that interferes with regaining the desired function. (Klein, 2008) Read 10 Principles of Neuroplasticity for more on how to use these principles in your speech therapy practice. And read The Principles of Motor Learning for more ways to maximize your motor speech treatment. Practice the sound groups that your patient is having trouble with while offering helpful cues and feedback. During articulation treatment, give: Phonetic placement cues (how to position the mouth, tongue, lips, or jaw during speech) Biofeedback about positioning (use a mirror, take pictures or video, etc.) Models of correct positioning Encouragement! For more articulation exercises and materials, visit our shop. Treat articulation by using a hierarchy of speech sounds: 1. Sounds in Isolation 2. Syllables Pup/Pad Pen/Poo Buh/Bow Mouth Me/Mow My 3. Words Peace Peace Peck Peck Peak Peak Bed Bash Beef Make Maze Move Met 4. Longer words Parking Parking Polite Peaceful Package Birthday Bottle Baggage Breathly Boyish Marvel Master Molar Minimal Multitude 5. Minimal pairs Ten/Hen Name/Lame Lane/Lake Cut/Cup Kni/Sit Pass/Pad Zen/Pen Gain/Ban/Go Luck/Lock Lank/Lank The Left Turn Only how are you? Aphasia Readers offer free PDF practice phrases, organized by the themes (holidays, pets, etc.). 7. Sentences For Dysarthria Treatment Good to see you! I love to arrive early. Take one pill with water. The best bookseller for board books is in Boston. Pass the pepper to my plate. Must we move to Montana on Monday? 8. Conversations for Dysarthria Treatment What is your favorite season and why? What would you do if you inherited a million dollars? What are your favorite sporting events and why? What would you do if you were 25 again? Coffee or tea? Why? 9. Fun Bonus! Tongue Twisters Peter Piper picked a peck of pickled peppers She sells seashells by the seashore Which wristwatches are Swiss wristwatches? Seventy-seven benevolent elephants Betty bought some butter, but the butter was bitter, so Betty bought some better butter to make the bitter butter better How much wood would a woodchuck chuck if a woodchuck could chuck wood? Many an anemone sea anemone A skunk sat on a stump and thunk the stump stunk, but the stump thunk the skunk stunk Use a pacing board to slow down a patients speech rate. This can help their speech become more intelligible. How to use a pacing board: Place the pacing board in front of the patient. For moderate or severe dysarthria, have the patient practice reading short phrases or sentences, pointing to one dot per syllable on the pacing board. Increase the challenge to longer sentences, paragraphs, etc. As they get used to self-pacing, have the patient point to one dot per syllable during simple conversations. For milder dysarthria, start pointing to one dot per syllable at the sentence level and while holding a conversation (small talk, etc.) Increase to self-paced reading and conversation, as appropriate. Download our free pacing board. Non-speech oral motor exercises are widely used by speech-language pathology professionals to improve articulation. For examples of non-speech oral motor exercises, see the range of materials on our shop. These exercises are not enough evidence to either support or refute whether non-speech oral motor exercises improve articulation (Lass & Pannbacker, 2008; Mackenzie et al., 2014; McCauley et al., 2009). ASHA's Practice Portal does recommend using a shaping technique (phonetic derivation) as a treatment option. For example, shaping blowing into /u/. While there is not enough evidence to either support or refute whether non-speech oral motor exercises improve articulation, its goal is to produce specific target sounds. This is different from oral motor exercises, which aim to strengthen weak muscles and/or improve muscle coordination. If you believe that your patients would benefit from non-speech oral motor exercise, we recommend reading the literature and making your own evidence-based decision. Signal The Start/Let your listener know when you're about to start talking. You can lift your hand, make eye contact, write it down, etc. Name the Topic/Say 2-3 words to set your topic. Keep it Simple/Use easier words and sentence structures. Use Gestures/Point, use hand gestures, shrug, shake your head, use facial expressions, etc. to help make your point. Signal the End/Avoid interruptions by holding up one finger. Signal when you're finished by holding out your palm to the listener. Use a Pen and Paper or Alphabet Board/Write the first letter of the word you're trying to say on a pad of paper/whiteboard or use an alphabet board. Download our free Differential Diagnosis Chart if you need help telling the difference between dysarthria, aphasia, and apraxia of speech. Teach your patients the following clear speech strategies. Practice these strategies by reading increasingly longer tasks out loud. See the hierarchy of reading tasks below for word lists. TALK BIG Over-articulate TALK LOUD Increase your volume TALK SHORT Take breaths more often; insert pauses every few words For more intelligibility exercises and materials, visit our shop. Have patients practice the intelligibility tips and clear speech strategies with a hierarchy of reading tasks. Start where your patients are at, then increase the challenge as they improve. 1. Phrases Click for a list of phrases. 2. Sentences Click for a list of sentences. 3. Paragraphs JaToya took her dogs out for a walk. Their normal route was blocked by construction, but the new route she chose was beautiful. They walked over two miles. Washington State is known for being a rainy place. This is not unfounded, as some of its cities have over 140 rainy days per year. Washington rain, however, is usually a drizzle. When measuring the total inches of rain per year, Washington is only the 29th rainiest state. The frequency of rainy days in the western part of the state makes it a green, vibrant place most of the year. Locals know to invest in good waterproof jackets. Osaka, pronounced OH-saw-ka, is the second-largest city in Japan. It is also one of the largest cities in the world, with a population of over 20 million people. Osaka is considered Japan's economic center. It is home to electronics giants Panasonic, Sharp, and Sanyo. Osaka is also one of the most expensive cities in the world to live in more expensive than New York City or Los Angeles. 4. Page-Level Reading To keep treatment functional and patient-centered, its best to use books, magazines, or other materials that your patient is already reading. For free classic books in the public domain, check out Project Gutenberg. Pride and Prejudice by Jane Austen It is a truth universally acknowledged, that a single man in possession of a good fortune, must be in want of a wife. However little known the feelings or views of such a man may be on his first entering a neighbourhood, this truth is so well fixed in the minds of the surrounding families, that he is considered as the rightful property of some one or other of their daughters. My dear Mr. Bennet, said his lady to him one day, have you heard that Netherfield Park is let at last? Mr. Bennet replied that he had not. But it is, returned she, for Mrs. Long has just been here, and she told me all about it. Mr. Bennet made no answer. Do not you want to know who has taken it? cried his wife impatiently. You want to tell me, and I have no objection to hearing it. This was invitation enough. Why, my dear, you must know, Mrs. Long says that Netherfield is taken by a young man of large fortune from the north of England; that he came down on Monday in a chaise and four to see the place, and was so much delighted with it that he agreed with Mr. Morris immediately, that he is to take possession before Michaelmas, and some of his servants are to be in the house by the end of next week. What is his name? Bingley. Is he married or single? Oh, single, my dear, to be sure! A single man of large fortune, four or five thousand a year. What a fine thing that is! cried his wife impatiently. No, indeed. He is a good looking man, twenty or twenty-one, and has a civil air. He is recommended by all who have seen him, and you will like him very well. My dear Mr. Bennet, replied his wife, how can it be so tiresome! You must know that I am thinking of his marrying one of them. Is that his design in settling here? Design! nonsense, how can you talk so! But it is very likely that he may fall in love with one of them, and therefore you must visit him as soon as he comes. I see no occasion for that. You and the girls may go, or you may send them by themselves, which perhaps will be still better, for as you are as handsome as any of them, Mr. Bingley might like you the best of the party. My dear, you flatter me. I certainly have had my share of beauty, but I do not pretend to be anything extraordinary now. When a woman has five grown-up daughters, she ought to give over thinking of her own beauty. In such cases, a woman has not often much beauty to think of. But, my dear, you must indeed go and see Mr. Bingley when he comes into the neighbourhood. It is more than I engage for, I assure you. But consider your daughters. Only think what an establishment it would be for one of them. Sir William and Lady Lucas are determined to go, merely on that account, for in general, you know, they visit no newcomers. Indeed you must go, for it will be impossible for us to visit him, if you do not. You are over scrupulous, surely. I dare say Mr. Bingley will be very glad to see you; and I will send a few lines by you to assure him of my hearty consent to his marrying whichever he chooses of the girls; though I must throw in a good word for my little Lizzy. I desire you will do no such thing. Lizzy is not a bit better than the others; and I am sure she is not half so handsome as Jane, nor half so good-humoured as Lydia. But you are always giving them more ways to make them bad than you have means to make them good. You are over-scrupulous, surely. I dare say Mr. Bingley will be very glad to see you; and I will send a few lines by you to assure him of my hearty consent to his marrying whichever he chooses of the girls; though I must throw in a good word for my little Lizzy. I desire you will do no such thing. Lizzy is not a bit better than the others; and I am sure she is not half so handsome as Jane, nor half so good-humoured as Lydia. But you are always giving them more ways to make them bad than you have means to make them good. You are over-scrupulous, surely. I dare say Mr. Bingley will be very glad to see you; and I will send a few lines by you to assure him of my hearty consent to his marrying whichever he chooses of the girls; though I must throw in a good word for my little Lizzy. I desire you will do no such thing. Lizzy is not a bit better than the others; and I am sure she is not half so handsome as Jane, nor half so good-humoured as Lydia. But you are always giving them more ways to make them bad than you have means to make them good. You are over-scrupulous, surely. I dare say Mr. Bingley will be very glad to see you; and I will send a few lines by you to assure him of my hearty consent to his marrying whichever he chooses of the girls; though I must throw in a good word for my little Lizzy. I desire you will do no such thing. Lizzy is not a bit better than the others; and I am sure she is not half so handsome as Jane, nor half so good-humoured as Lydia. But you are always giving them more ways to make them bad than you have means to make them good. You are over-scrupulous, surely. I dare say Mr. Bingley will be very glad to see you; and I will send a few lines by you to assure him of my hearty consent to his marrying whichever he chooses of the girls; though I must throw in a good word for my little Lizzy. I desire you will do no such thing. Lizzy is not a bit better than the others; and I am sure she is not half so handsome as Jane, nor half so good-humoured as Lydia. But you are always giving them more ways to make them bad than you have means to make them good. You are over-scrupulous, surely. I dare say Mr. Bingley will be very glad to see you; and I will send a few lines by you to assure him of my hearty consent to his marrying whichever he chooses of the girls; though I must throw in a good word for my little Lizzy. I desire you will do no such thing. Lizzy is not a bit better than the others; and I am sure she is not half so handsome as Jane, nor half so good-humoured as Lydia. But you are always giving them more ways to make them bad than you have means to make them good. You are over-scrupulous, surely. I dare say Mr. Bingley will be very glad to see you; and I will send a few lines by you to assure him of my hearty consent to his marrying whichever he chooses of the girls; though I must throw in a good word for my little Lizzy. I desire you will do no such thing. Lizzy is not a bit better than the others; and I am sure she is not half so handsome as Jane, nor half so good-humoured as Lydia. But you are always giving them more ways to make them bad than you have means to make them good. You are over-scrupulous, surely. I dare say Mr. Bingley will be very glad to see you; and I will send a few lines by you to assure him of my hearty consent to his marrying whichever he chooses of the girls; though I must throw in a good word for my little Lizzy. I desire you will do no such thing. Lizzy is not a bit better than the others; and I am sure she is not half so handsome as Jane, nor half so good-humoured as Lydia. But you are always giving them more ways to make them bad than you have means to make them good. You are over-scrupulous, surely. I dare say Mr. Bingley will be very glad to see you; and I will send a few lines by you to assure him of my hearty consent to his marrying whichever he chooses of the girls; though I must throw in a good word for my little Lizzy. I desire you will do no such thing. Lizzy is not a bit better than the others; and I am sure she is not half so handsome as Jane, nor half so good-humoured as Lydia. But you are always giving them more ways to make them bad than you have means to make them good. You are over-scrupulous, surely. I dare say Mr. Bingley will be very glad to see you; and I will send a few lines by you to assure him of my hearty consent to his marrying whichever he chooses of the girls; though I must throw in a good word for my little Lizzy. I desire you will do no such thing. Lizzy is not a bit better than the others; and I am sure she is not half so handsome as Jane, nor half so good-humoured as Lydia. But you are always giving them more ways to make them bad than you have means to make them good. You are over-scrupulous, surely. I dare say Mr. Bingley will be very glad to see you; and I will send a few lines by you to assure him of my hearty consent to his marrying whichever he chooses of the girls; though I must throw in a good word for my little Lizzy. I desire you will do no such thing. Lizzy is not a bit better than the others; and I am sure she is not half so handsome as Jane, nor half so good-humoured as Lydia. But you are always giving them more ways to make them bad than you have means to make them good. You are over-scrupulous



[illegible]



