

Thermal Tactile Stimulation

Thermal-Tactile Stimulation* (TTS) is utilized by speech-language pathologists to treat dysphagia (disorder of swallowing). It is primarily used to treat individuals who have an absent or delayed swallow reflex.

TTS may help to increase stimulation and sensation of the oral cavity by providing a sensory stimulus to the brain. It is believed that this helps your loved one to swallow faster.

Thermal-Tactile Stimulation can be provided using:



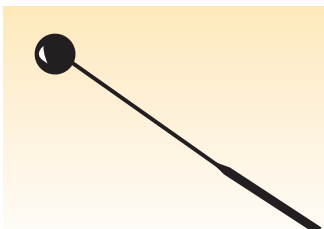
- **Lemon-Glycerin Swabs: the lemon and glycerin stimulate saliva production**

- Place lemon-glycerin swabs in the freezer.
- Rub the frozen lemon swab up and down along the anterior faucial pillars (see picture on the next page) 4-5 times on each side.



- **Ice Finger**

- Place the ice finger in a plastic bag in the freezer.
- Rub the frozen ice finger up and down on the anterior faucial pillars 4-5 times on each side.
- If unable to elicit mouth opening, rub on inner surface of cheeks and along the gumline.
- Rinse after use and replace in the freezer.



- **Laryngeal Mirror**

- Dip the laryngeal mirror into a cup of ice water for a few seconds.
- Hold the mirror like a pencil and rub the flat head of the mirror up and down on the anterior faucial pillars 4-5 times on each side.
- Rinse after use.

(over)

The faucial pillars surround the palatine tonsils in the oral cavity.

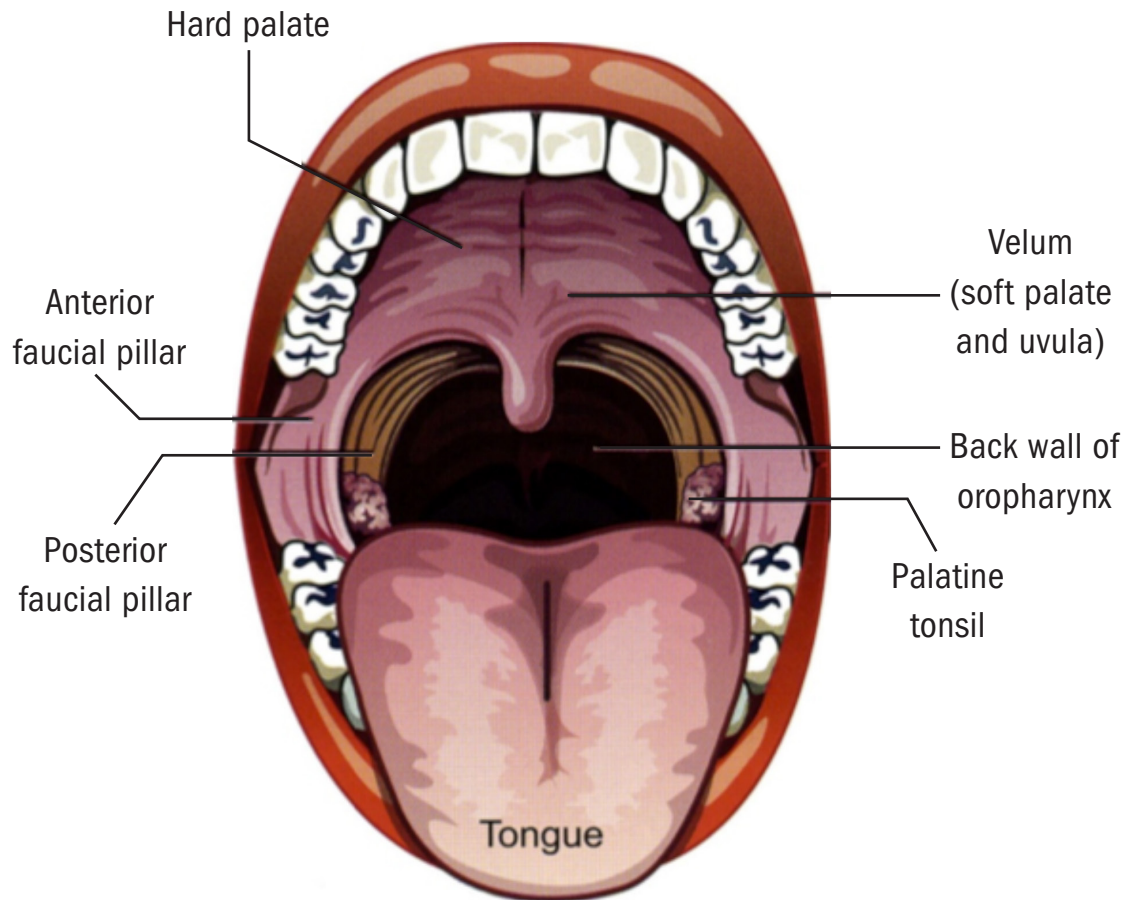


Figure 4-4. View of the oropharynx through the faucial isthmus.