

Introduction

Individuals having difficulties with speaking should work with a speech therapist to give them which exercises are most appropriate for them.

“Speech therapy excises can include cognitive and physical, may work with a speech therapist to retain the brain and regain the ability to speak again.”

(Medically reviewed by ELIZABETH Denslow, OTRL, January, 2023)

(Addrew Tran, pr ,dpt ,ncs ,cscs, June ,2023)

Diagnosis:

Is made by a health professional trained to evaluate and treat children and adults with speech language disorders. Speech Language Pathologist observes the adults or child and speaks in different types of situations.

Questions for parents: the pathologist may ask questions about how stuttering affect his child’s life; relationships with others and school performance; Ask questions about child health history (when she/he began stuttering and if stuttering is most frequent)

Talk to the child and ask her/him to read aloud to watch differences in speech. Differentiate and distinguish between the repetition of syllables and mispronunciation of words that are normal in young. Than rule and underlying condition that can cause irregular speech.

Treatment:

After a comprehensive evaluation by speech language pathologist or therapist a decision about the treatment approach can be made. Several different approaches are available to treat children or adults who stutter.

- Because of varying individual issues and needs a methods that’s helpful for one person may not be as effective for another
- Teach skills: -improve speech fluency – develop effective communication –participate fully in school world and social activities.

Few examples of treatment approaches: -speech therapy

- Can teach to slow down your speech and learn to notice when you stutter, also can work with more natural speech patterns.
- **Electronic device** : are available to enhance fluency
- **Cognitive behavioral therapy** : (psychotherapy) can help to resolve stress or self-esteem (problem related to stuttering)
- **Parent-child interaction:** (at home) the key part of helping
- **Medication:** no drugs have been proved yet to help the problem

a-Improving movement and strength

b-Restoring function and mobility

A. **Practical exercises: (Stuttering)**

➤ Completing speech therapy exercises in front of the mirror are often most effective because of the visual feedback from the mirror is not only motivating.

Here are some of the practical exercises:

1. **Tongue In and Out:** this helps train the tongue to move, which will help improve speech production.
2. **Side to Side Tongue Movements:** open the mouth and move the tongue to touch the right and then the left corner of the mouth.
3. **Up and Down Tongue Movements:** reach the tongue up toward the nose and then reach the tongue down toward the chin.
4. **Smiles:** the act of smiling involves many facial muscles, improve oral motor skills (many persons may have trouble moving one side of their face).
5. **Lip puckers:** an extra challenge in motor precision and control, practice puckering as slowly possible (pucker the lips together as if kissing).
6. **Consonant and vowel pairing repetition:** to put consonant with vowel: (ra-re-ru-ri-ro).
7. **Sentence production:** improve reading and speaking Apraxia, Aphasia)
8. Phonological processing: refers to study of speech sounds patterns production skills
9. **Word games:** playing games can be a great way to integrate practicing speech therapy: Scrabble, Boggle, Word finding and memory, Cross word, puzzle all this to work on language skills.

B. **Practical exercises:** (Arm exercises for Stroke patients, hopeful movements for all ability levels)

Arm strength and mobility; the motor cortex was affected (**Stroke**). To improve Arm movement should work with a therapist.

Here are some practical movements:

1. Inner arm stretch
2. Wrist stretch
3. Cane reach
4. Straight push
5. Circle movement
6. Cane leaning
7. Open arm movement
8. Rise arm movement