Abilex* Oral Exerciser:
Designed to help improve your swallowing function and oral control

Swallowing problems (dysphagia) can lead to aspiration, when food or saliva is inhaled, which can cause pneumonia and other health complications.¹

Typical management of swallowing conditions includes compensatory techniques (ex. postural adjustments, diet modifications), which only produce temporary effects.²

Rehabilitative swallowing treatments (ex. strengthening and range of motion exercises) target the underlying physical problems for long-lasting effects.³

The Abilex® device is designed to support rehabilitative oral exercise training and targeted swallowing practice.

Putting control in your hands with a device that is engaging and easy-to-use, anywhere.

— Michael from Boston, USA (multifactorial dysphagia)

After a week of using it daily, I saw big changes in my swallow!… Stronger with Abilex.*

— JC from Georgia, USA (recovering from stroke)

Designed to help you
Swallow Better & Live Fuller

LIVE FULLER.
Order Online at:
www.getabilex.com

Put control in your hands with a device that is engaging and easy-to-use, anywhere.

Very handy and convenient. I get good feedback [and] I can feel my tongue is far stronger. This is a great tool.

— Michael from Boston, USA (multifactorial dysphagia)

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One exerciser to help improve:

- **Tongue and Lip Strength**
  - Isometric resistance exercises are designed to build your strength.
  - Tongue strengthening has been shown to improve functional swallowing, reduce aspiration and improve quality of life.

- **Tongue Control**
  - Movement based exercises are designed to get you manipulating your tongue to improve:
    - control,
    - coordination,
    - range of motion; and
    - flexibility

- **Swallowing Skills**
  - Simulates a ball of food in the mouth to help you safely practice swallowing without introducing a choking risk.
  - *The best exercise for swallowing is swallowing.*

- **Brain Activation**
  - Physical therapy following injury is important in promoting neuroplasticity:
    - the development of new neural pathways around damaged areas in the brain.

Independently practice with an engaging exerciser that supports your swallowing rehabilitation.

- **Medical Grade Silicone**
- **Smooth design limits bacteria growth and bio-buildup**
- **Guard limits depth of oral insertion**
- **Air-filled bulb safely simulates a piece of food**
- **Rip-stop technology prevents detachment**
- **Balanced to stay in the mouth**
- **Soft and pliable, encourages finger play for fine motor control**

Suggested Exercises

Work up to 3 sets of suggested exercises 3 times per day for 4-8 weeks.

- **Bulb Side to Side**
- **Tongue Push Up**
- **Lip Press and Pull**
- **Bulb Front to Back**

He was *delighted* to eat his first meal by mouth in *five months.*

— Speech Language Pathologist at Parkwood Institute, for a patient with dysphagia following brain injury.

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**Get the video at:**

getablex.com/instructions

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