

“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)

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

— JC from Georgia, USA
(recovering from stroke)

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

POST-EXTUBATION
CEREBRAL PALSY
STROKE
PARKINSON'S DISEASE
ACQUIRED BRAIN INJURY
TONGUE THRUST
DYSPHAGIA
HEAD & NECK CANCER
APRAXIA
PRESBYPHAGIA

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.²

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.



LIVE FULLER.

Order Online at:
www.getabilex.com

abi(ex)

customerservice@getabilex.com

¹ Cichero, J. Stepping stones to living well with dysphagia. Vol. 72. Karger Publishers, 2012. 1-11.
² Malandraki, G. Archives of Physical Medicine and Rehabilitation 2016;97:567-74 3 goo.gl/6anXPf.
⁴ Robbins, JA. Archives of physical medicine and rehabilitation. (2007): 150-158. ⁵ Kleim, Journal of speech, language, and hearing research (2008): S225-S239.

abi(ex)
Oral Motor Exerciser

Designed to help you
**Swallow Better
& Live Fuller**



Take control of your therapy

getabilex.com



Trudell Medical International*

MD-170A-0119 * trade-marks and/or registered trade-marks of Trudell Medical International (TMI). © TMI 2019. All rights reserved. Manufactured in Canada with Canadian parts.



“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 injury³

One exerciser to help improve:



Tongue and Lip Strength

Isometric resistance exercises are designed to build your strength.

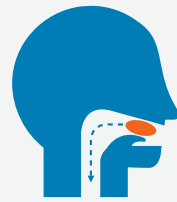
Tongue strengthening has been shown to improve functional swallowing, reduce aspiration and improve quality of life.⁴



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.

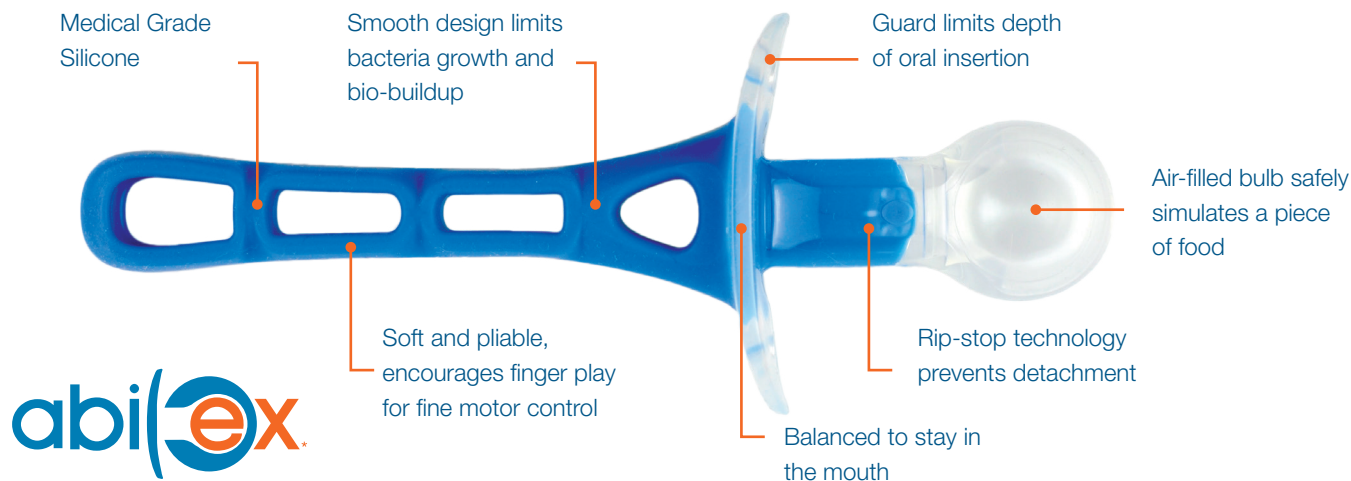
The best exercise for swallowing is swallowing.⁵



Brain Activation

Physical therapy following injury is important in promoting neuroplasticity⁶ – the development of new neural pathways around damaged areas in the brain.

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



abi(ex)

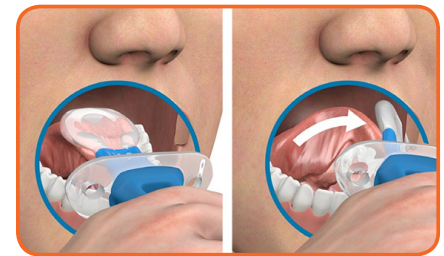
Suggested Exercises

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

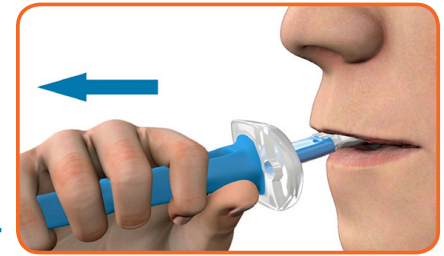
Tongue Push Up



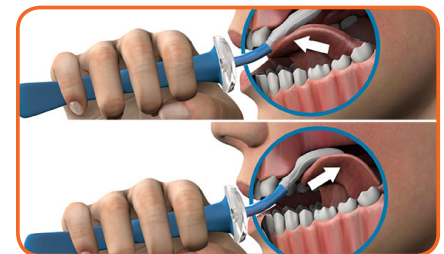
Bulb Side to Side



Lip Press and Pull



Bulb Front to Back



watch the video at:

getabilex.com/instructions