



Liper™ Device

We Make Tongue Training A Child's Play

Optimal tongue movement is an essential component of our health from infancy to adulthood. The tongue is involved in our most fundamental functions: Breathing, eating and drinking, speaking and more. Restricted tongue motion is also associated with:

- Breastfeeding difficulties
- Colic
- Impaired speech
- Altered breathing patterns
- Altered sleep patterns resulting in poor sleep quality
- Sleep apnea
- ADHD Symptoms

Tongue training may help improve tongue function and in doing so, may help reduce the risk of these conditions.

The Liper™ Device can be used for self tongue training or can be used to train another person's tongue. The trainee may be a baby, a child or another adult.

All newborn babies (especially those who have any difficulty in feeding, causing pain when breastfeeding, or who have milk spilling from their mouth while fed by bottle) may benefit from tongue elevation exercises.

It is preferable to use the Liper™ Device under the direction of a healthcare professional such as a Dentist, a Lactation Consultant, a Speech Pathologist, a Myofunctional Therapist, an Occupational Therapist, etc. as different healthcare professionals have different treatment recommendations.

HOW TO USE:

If no specific instructions were given to you by your healthcare provider, these are our general suggestions:

- Liper™ Device is suitable for use for all ages.
- Make sure your Liper™ Device is clean before each use (Please see cleaning instructions).

Tongue Elevation Exercise

1
Step

Insert your index finger through the round opening of the Liper™ Device. The tip of your index finger should reach the inner mark. The slit being on the nail side of the finger and snugly fit, so it does not slip off your finger. In some cases, depending on the trainee's anatomy, it may be more comfortable to insert your finger with the slit on the bottom side of your finger, depending on the area of the tongue you wish to work on.

2
Step

Insert the Liper™ Device under the tongue, placing the round tips of the Liper™ Device at the base of the tongue (Where the tongue is attached to the floor of the mouth).

3
Step

Slowly and firmly lift the tongue from it's back side for 1 second and lower it back. This exercise may improve the tongue's range of motion. Repeat this step 3 times.

4
Step

Gently remove the Liper™ Device.

If no other instructions were given, repeat these steps 5-6 times every day for a period of 2 weeks.

HOW TO USE:

This exercise requires cooperation and therefore is intended for ages of approximately 2.5 years and older.

Tongue Strengthening **Exercise**

1
Step Insert your index finger through the round opening of the Liper™ Device. The tip of your index finger should reach the inner mark. The slit being on the nail side of the finger and snugly fit, so it does not slip off your finger.
In some cases, depending on the trainee's anatomy, it may be more comfortable to insert your finger with the slit on the bottom side of your finger, depending on the area of the tongue you wish to work on.

2
Step Insert the Liper™ Device gently into the mouth and place it over the tongue.

3
Step Lift the tongue whilst gently pushing the tongue down using the Liper™ Device. Hold for 3 seconds. Repeat 10 times.

4
Step Gently remove the Liper™ Device.

If no other instructions were given, repeat these steps 5 times every day for a period of 2 weeks.

HOW TO USE:

When training an infant

- Plan the training time so that the infant is not too tired.
- Position the infant's head on your lap or on a safe surface so that you are facing the infant, to suit your comfort. Always keep safety in mind.
- Maintain eye contact with the infant.
- It is also possible to reach the infant from behind. Place the infant's head on your lap. The infant's legs leaning on the legs of a third person sitting knee to knee with you. Always keep safety in mind.
- Soft singing or speaking will sooth the infant and will help you achieve better compliance.
- Keep the trainings short and pleasant.

Cleaning and care

- Sanitize the Liper™ Device after each use by thoroughly washing it in lukewarm water using a mild soap. Then rinse well under running water.
- Let the Liper™ Device dry and then keep it in a clean cool place.
- The Liper™ Device may not be passed to another patient. For public health reasons we recommend throwing the Liper™ Device after the full treatment is completed.



HOW TO USE:

Caution measurements

- Please do not leave the Liper™ Device or its packaging with an unattended infant, child or cognitive challenged person to prevent any suffocation (choking) hazard.
- Wash your hands thoroughly with soap and warm water before each use.
- Make sure the Liper™ Device is properly cleaned and stored (Please see cleaning instructions)
- Before each use please inspect the Liper™ Device to make sure it is intact (no visible tears or wears).
- When the Liper™ Device is used to train another person's tongue – Both trainer and trainee must be healthy, as in not carrying an illness that might be contagious by physical proximity that is required to perform such training.
- The Liper™ Device is personal and not intended to be used on multiple individuals.
- Tongue training with the Liper™ Device should be done gently, as not to cause any injury to the trainee:
 - Do not use the Liper™ Device forcefully.
 - Avoid using the Liper™ Device when you might be distracted.
 - Avoid using the Liper™ Device when not steadily situated (sitting or standing).
- Avoid using the Liper™ Device more frequently than recommended, Preferably by a healthcare professional.
- The Liper™ Device should fit comfortably under the tongue. Avoid using the Liper™ Device if the Liper™ Device does not comfortably fit.
 - a comfortable fit is such in which both round tips of the Liper™ Device simultaneously completely fit under the tongue.
- These instructions do not replace any care instructions when should be received from a healthcare provider.