

I'm not sure I'm training properly

Exercising with IQoro[®] activates the body's own pre-programmed system: a natural chain of nerve pathways and muscles from the mouth and brain to the stomach. It is simple to do and can be carried out at home, at work or wherever you are.

Not everybody needs to follow all these step-by-step instructions, they 'get it' first time from reading the instructions in the product manual. But if you still feel a little unsure if you do it right – here's a detailed, step-by-step introduction for first-time IQoro[®] users. Please also see the useful videos on iqoro.com > IQoro treatment.

How is IQoro[®] working when I get the exercise right?

The overall aim of the exercise is to create a low pressure in the oral cavity and beyond by pulling the IQoro[®] and extending the lips forward: it's not a tug-of-war trying to hold it still with your lips. The internal effect of a successful training session can be seen in an X-Ray video on iqoro.com/en/material

Using IQoro[®] - Getting started!

- 1) Look at the videos on iqoro.com and practice how to hold your IQoro[®] symmetrically for the most comfortable and effective way to train.
 - Sit or stand upright with a straight back, or sit up in bed, as shown in the videos, with your back supported. Place your feet flat on the floor or, if in bed, comfortably apart, but never crossed.
 - Tuck your chin down slightly, at about 90 degrees to your neck. Try looking straight ahead or slightly downwards to keep this pose.
- 2) Insert your IQoro[®] pre-dentally - inside your lips and in front of your teeth.
 - Suck very gently to locate your IQoro[®] against your teeth and gums.
 - Locating the IQoro[®] as described above should cause the tip of your tongue to locate in the small fleshy hollow below your lower front teeth and gums. If not, place it there consciously. Now you should feel as though your IQoro[®] is engaged and ready to be exercised. Locked and loaded!
 - Grip the device symmetrically as you practised earlier.
- 3) Now pull your IQoro[®] forward just a fraction to free it from being in contact with your teeth and gums.
- 4) Press your lips together against the handle. Let your jaw hang loose a little, your upper and lower teeth should not be touching. Open too far and you'll lose your lip seal, but there is an optimum gap.

- 5) Now pull forward strongly, allowing your lips to be moved forwards and creating a low-pressure area inside your mouth. You should feel a strong sucking feeling in the back of your mouth. Your tongue should remain where it is, with the tip still behind and below your lower front gums. But now the back of your tongue is raised and sealed against your pharynx (throat). Hold still for 5 to 10 seconds.
- Continue to breathe through your nose if you wish.
 - If you can't manage to hold still for the full 5 to 10 seconds - don't worry - manage what you can initially and then comfortably build up your ability, until you can.
- 6) Repeat this exercise 3 times per session, with 3 seconds' rest between each pull.
- Training is to be performed three times per day with at least 2 hours between each session. For optimal results with dysphagia, do this immediately before a mealtime to prepare the swallowing musculature and get the best effect from your training.
 - Total training time - 1½ minutes per day.
 - Don't think you will get more by doing more - 3 times a day has been proven to be best.

Remember that this is not a tug-of-war against your lips. If you only feel the effect on your lips, then you have not quite got it right yet. Done properly, some people describe it as feeling as if they are using a sink plunger on a blocked drain. The most obvious sign that you are succeeding is when you feel the back of your tongue forced upwards and backwards to seal against your pharynx.

It sounds more complicated than riding a bike, but it isn't!