

## How to train with your IQoro® using a jaw grip

If you find it difficult to grip your IQoro® tightly with your lips, you may need to use a jaw grip. These instructions explain how to do this.

### When do I train?

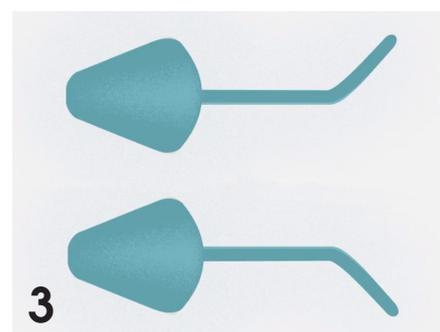
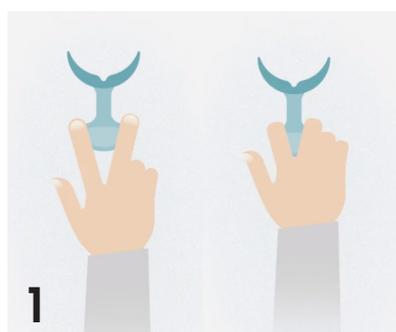
Exercise 3 times per day with at least 2 hours between sessions: ideally immediately before meals.

### Do I sit or stand?

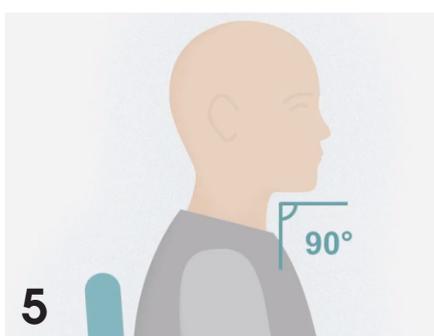
Training can be performed standing up, sitting on a chair, or in sitting up in bed, but is probably most easily performed sitting at a table with your elbow resting on it. Do not cross your legs or feet.

### How to train?

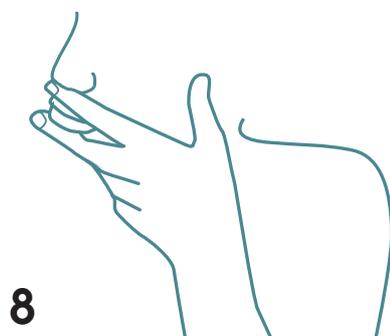
1. Grip the IQoro® with the handle between your index finger and middle finger.
2. Alternatively grip with your thumb and close your hand around the IQoro®.
3. You can use IQoro® with the handle angled upwards or downwards.



4. Place your IQoro® behind your lips and in front of your teeth.
5. Look straight ahead, with your chin tucked slightly downwards.



7. Put your ring finger and little finger of your left hand under your chin. Put your thumb on your cheek, and your index and middle fingers above and below your lips.
8. Press your lips tightly together around the handle and use your fingers to pinch your lips closed during pulling.



9. Relax your jaw and breathe through your nose. Do not clench your teeth.
10. Pull the IQoro® straight forward strongly, hold steady and count to 10 seconds.
11. Now relax for 3 seconds, you can keep your IQoro® in your mouth.



11. Now relax for 3 seconds, you can keep your IQoro® in your mouth.
12. Now repeat the exercise-and-relax procedure two more times.

## Which instructions are best for you?

These instructions are for you if you can train on your own, but your lips are weakened, for example by a stroke. You will need to help your lips stay sealed around the handle, in the beginning at least, by reinforcing them with your fingers, this paper will tell you how, and it also available on our [website](#).

If after a while you are not sure that you have the right training action, then read **“I’m not sure I’m training properly”**. If you think that you need an assistant to help you, they should refer to **“How to assist someone training with IQoro®”**.

These instructions are also to be found in the manual that was in your IQoro® carton, and there is a helpful **video** on our website that demonstrates what you read below.