

Contents

Introduction	1
What is Dysarthria?	1
Prognosis	2
Principles of Therapy	2
Therapy Goals	3
Structuring Therapy Sessions	4
Case Example	5
Resources—Handouts for Clients and Families	7
Understanding Dysarthria	9
Strategies to Improve Communication with the Person with Dysarthria	10
Checklist to Improve Self-Monitoring Skills	11
The Communication Board	13
Oral Motor Exercises	15
Jaw Exercises	19
Lip Exercises	20
Tongue Exercises	21
Cheek Exercises	23
Resonance	25
Exercises for Resonance	28
Phonation	31
Exercises for Phonation	35
Relaxation	37
Exercises for Relaxation	40
Respiration	45
Exercises for Respiration	48
Articulation	53
Bilabials	56
Velars	63
Palatals	70
Alveolars	77
Labiodentals/Interdentals	85
Intelligibility	93
Words with the Same Root and Increasing Syllable Length	96
Increasing Complexity in the Initial Position	97
Increasing Complexity in the Final Position	98
Phrases and Sentences of Increasing Length and Complexity	99
Sentences with Six Words	100
Sentences with Eight Words	102
Sentences with Ten or More Words	104
Oral Reading Passages	107
Checkers	108

Hurricanes	109
“John Doe”	110
Phone Numbers	111
Solitaire	112
Amelia Earhart	113
George Eastman	114
Voting	115
Baseball	116
Teaching	117
Condos and Co-ops	118
Rummy	119
Stains	120
Golf	121
Time	122
The U.S. Flag	123
The Electric Razor	124
The Doughnut	125
Functional Exercises for Intelligibility	126
Prosody	127
Change of Mood	130
Intonation	131
Exercises for Pausing	132
Lexical Stress	134
Rhyming Words	136
Rhymes	137
Contrastive Stress Exercises	139
Advanced Activities for Articulation, Prosody and Self-Monitoring	147
Alliterative Phrases and Short Sentences	149
Alliterative Sentences	150
Pros and Cons	151
Stating Opinions	152
Role Playing	153
Asking and Answering Questions	154
Sentence Construction	156
Phonemic Restaurant Menus	157
Maddy’s Pub (Bilabials)	161
Glen’s Cavern Cafe (Velars)	162
Yogi’s Rib House (Glides/Glottals)	163
Charlie’s Shellfish Shack (Palatals)	164
Sandy & David’s (Alveolars)	165
Victor’s (Labiodentals/Interdentals)	166
Selected References & About the Author	167
Selected References	169
About the Author	171