

# How to assist someone to train with an IQoro®

## When do I train?

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

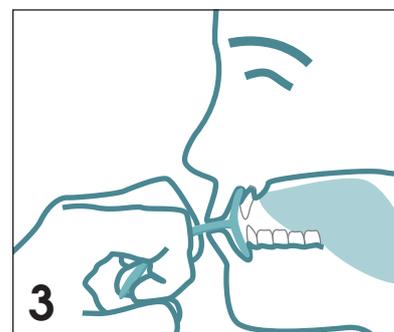
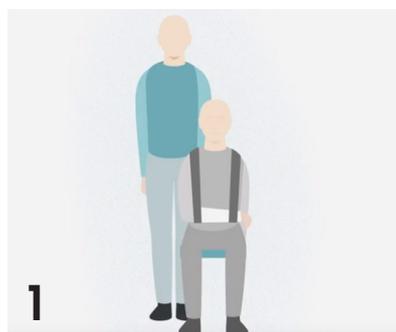
## Do I sit or stand?

Exercising with assistance can be carried sitting on a chair with your feet flat on the floor, or sitting up in bed, making sure your legs are not crossed.

## How to assist your patient's training

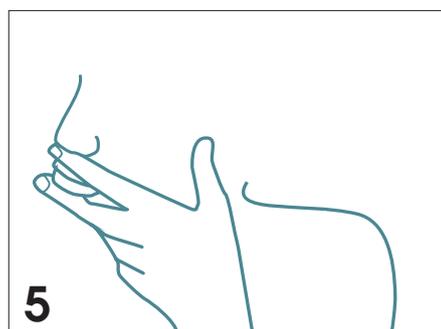
(These instructions are for a right handed carer, reverse the instructions if you are left handed)

1. Stand behind the patient's right shoulder.
2. Put your left arm around the patient's head and support his chin with your hand. The back of his head now rests on your upper arm.
3. Ask the patient to open his mouth if he can, and locate the IQoro® behind his lips and in front of his teeth. Usually you will find it more natural to have the IQoro® handle angled downwards, not upwards.

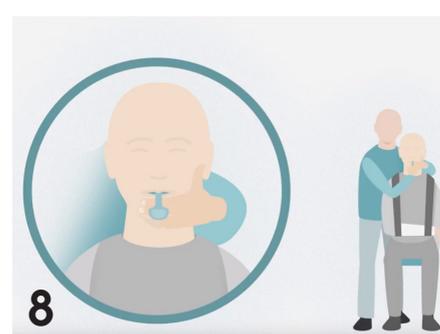
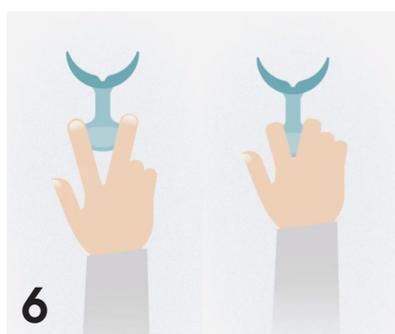


4. If he can't open his mouth, ease the IQoro® in at one side of the mouth first, and then the other. To make it easier you can moisten the IQoro® or the patient's lips with water. Encourage him to breathe through his nose during the entire exercise and not to clench his teeth.

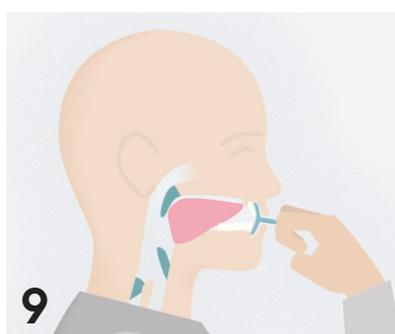
5. Place the ring and little fingers of your left hand under the chin as support, with your thumb resting on his cheek. Your index finger should rest on his upper lip.



- 6.** Grip the IQoro® firmly between the index and middle finger of your right hand.
- 7.** Ask the patient to press his lips together around the handle as best he can. You should now use your middle and index fingers - which are above and below his lips - to press the lips together to improve his seal on the handle.
- 8.** Continue to hold his head and chin with your left hand and arm, and use your right hand to initially pull the IQoro® forward just a fraction, just enough to break contact with the gums.



- 9.** Now pull the IQoro® directly forwards strongly. Hold this position for up to ten seconds, counting the seconds out loud, "One, and two, and . . ." Ask him to indicate if it is OK to pull harder - it is easy to not pull hard enough! If your patient is weak or untrained, start with just a few seconds' pull, and increase over time to 10 seconds max.
- 10.** Relax for three seconds between each pull. Moving the IQoro® gently against the lips during the short rest period increases the stimulation effect. Repeat the pull-and-relax exercise two more times to complete this training session. Continue to assist with this jaw grip until he manages to grip the handle with his lips for five seconds without help.



## Which instructions are best for you?

These instructions are to help you if you need to assist someone else to train with IQoro<sup>®</sup>. Possibly, your patient has weakened lips that cannot retain the IQoro<sup>®</sup> in her/his mouth with any force, or maybe the arms are unable to perform the pulling motion. In either case we can hope that these difficulties are temporary and will recover. You can help by encouraging your patient to do as much as possible her or his self.

If you think that your patient does not need your assistance after the first period, she or he should read, "**How to train with your IQoro<sup>®</sup>**". If after a while you are not sure that the training action is correct, then read "**I'm not sure I'm training properly**". Perhaps, after a while your patient will still need assistance in keeping his lips sealed, but he can do this himself: see the document "**How to train with your IQoro<sup>®</sup> using a jaw grip**".

These instructions are also to be found in a helpful **video** on our website that demonstrates what you read on the previous pages.