

How to train with your IQoro®

When do I train?

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

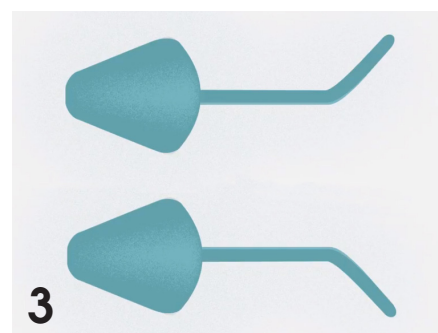
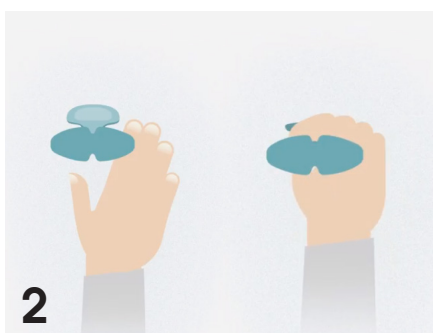
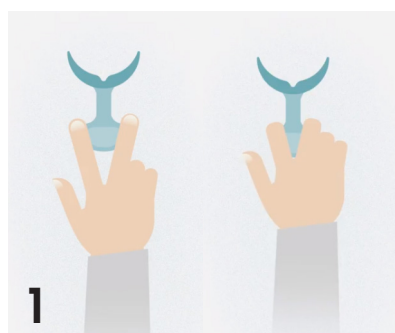
Do I sit or stand?

Training can be performed standing up, sitting on a chair, or in sitting up in bed.

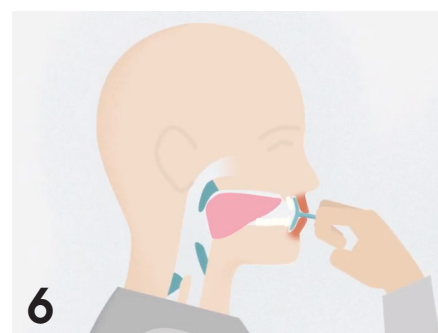
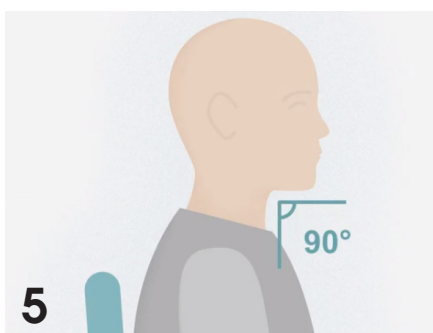
Support your elbow on a table if this helps. You can place a pillow behind your head if you are sitting up in bed and your head feels unsteady. Do not cross your legs or feet.

How to train?

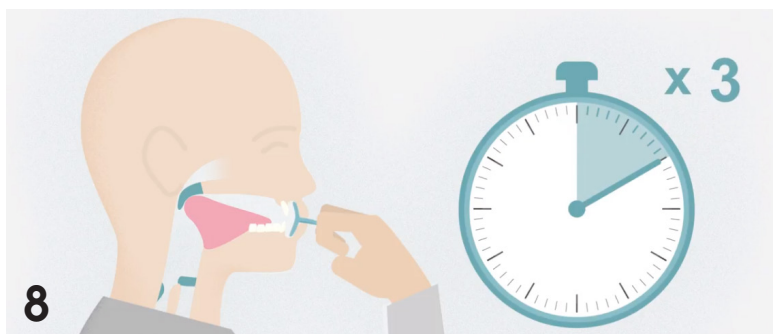
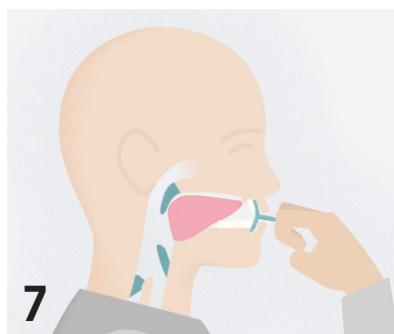
1. Grip the IQoro® with the handle between your index finger and middle finger.
2. Alternatively grip with your thumb and close your hand around the IQoro®.
3. You can use IQoro® with the handle angled upwards or downwards.



4. Place your IQoro® behind your lips and in front of your teeth.
5. Look straight ahead, with your chin tucked slightly downwards.
6. Press your lips tightly together around the handle.



7. Relax your jaw and breathe through your nose. Do not clench your teeth.
8. Pull the IQoro® straight forward strongly, hold steady and count to 10 seconds.



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

Are there other instructions which may help?

These instructions are the basic **”How to train with your IQoro®”** for treating yourself. 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 your lips are weakened, for example by a stroke, you will need to reinforce them with your hand: see the document **“How to train with your IQoro® using a jaw grip”**. 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.

Good luck! If you are unsure about **anything**, ask us!