

## **GOPex, Good Oral Posture exercises.**

These are the swallowing, oral posture and body posture exercises that you should look at and learn how to do them.

As you must be aware, Orthotropic therapy is more a method of teaching than treating and without your commitment it is impossible to achieve good and long lasting results. The sum of physical change that is achieved is directly related to the amount of habitual changes that an individual has achieved. Part of this is learning habits so that change becomes ingrained within and part of your lifestyle. Do not underestimate the power of learning these habits that should become your second true nature. This is an essential part of the therapy and without this, treatment would be limited or could fail.

We are here to help. Please ask for advice or feedback on the day and time of your appointment. Best of luck!

**A0;** Overview from an orthotropic perspective (not yet up)

**A1-5;** Introduction to GOPex- it is important that you understand why you are doing something and the rationale behind it.

**A1** <https://www.youtube.com/watch?v=gaj4Csdha8I>

**A2** <https://www.youtube.com/watch?v=HUGE0fSkAk4>

**A3** <https://www.youtube.com/watch?v=IFN2bSV2Yjk>

**A4** <https://www.youtube.com/watch?v=2XSCbGNXmQs>

**A5** <https://www.youtube.com/watch?v=6YKcjwUxiOo>

**B1-3;** These are the essential tongue exercises that are the basis of the program. These must be learnt well.

**B1** Click Click Close <https://www.youtube.com/watch?v=PDFjiDq-ob8>

**B2** "N" position <https://www.youtube.com/watch?v=gwz2NnqThis>

**B3** Tongue push ups [https://www.youtube.com/watch?v=awPSh\\_2zTpU](https://www.youtube.com/watch?v=awPSh_2zTpU)

**C1,** Explanation of the objective of the exercises in section B  
<https://www.youtube.com/watch?v=vJbQTdDu9CU>

**D1-7** Building habits, this section is about how you can take a simple exercise and build it into your daily lifestyle to become a habit.

**D1,** Chewing and why it is important;  
<https://www.youtube.com/watch?v=sDKO2XJLu5A>

**D2,** Example of chewing, "chewing like you mean it";  
<https://www.youtube.com/watch?v=HtnSiwvgTGk>

**D3,** Integrating postural pauses into everyday speech;  
[https://www.youtube.com/watch?v=IQUcrBgG\\_wQ](https://www.youtube.com/watch?v=IQUcrBgG_wQ)

**D4,** Explanation and demonstration of D3;  
<https://www.youtube.com/watch?v=nfKjpCciG4>

**D5,** Nose breathing and how this fits into eating and speech;  
<https://www.youtube.com/watch?v=LdbwoG9TxOY>

**D6,** Pause and swallow- this is possibly the most important element in the whole program and too easy to overlook. Once you have learnt the basics and can do the exercises, focus on this to improve even further. This program will work better with good parental supervision. It takes time to build good habits, so keep going:

[https://www.youtube.com/watch?v=YzNllx\\_DMRC](https://www.youtube.com/watch?v=YzNllx_DMRC)

- D7,** Integrating breathing and pauses into reading aloud;  
[https://www.youtube.com/watch?v=VdUO90U\\_cdw](https://www.youtube.com/watch?v=VdUO90U_cdw)
- D8,** Reading aloud example- Long;  
<https://www.youtube.com/watch?v=AnLABgsu4-A>
- D9,** Reading aloud example- Short;  
<https://www.youtube.com/watch?v=VlzyGW-q91M&>

**E1,** 30 day challenge. This is the homework we send you that requires putting together “Reading aloud” D8 and “chewing like you mean it” D2 together as a daily routine every day for 30 consecutive days so that the neuromuscular reprogramming starts to happen. This is not easy but can be achieved and it must be learnt!

<https://www.youtube.com/watch?v=zeABFgFuoYs>

#### **Additional points**

- F1,** How to smile - explanation and example;  
<https://www.youtube.com/watch?v=hW3MmB614iE>
- F2,** Reading with appliances. Clearly it is important to be able to speak with the training appliances in place;  
<https://www.youtube.com/watch?v=5hwX4IPK7nQ>