

## **Stimpod – Information Sheet**

### **Supporting Nerve Activation & Oral-Motor Function**

At Children's Therapy Services, we use a range of evidence-informed functional neurology and neurorehabilitation tools to support children's neurological, sensory, motor, and oral-motor development. One of these tools is Stimpod, a gentle neuromodulation device designed to activate peripheral nerves and support muscle responsiveness, including for oral-motor and speech-related pathways when clinically appropriate.

### **What Is Stimpod?**

Stimpod is a non-invasive device that delivers gentle electrical stimulation to peripheral nerves or muscles via a handheld probe or surface electrodes.

The stimulation is designed to:

- Improve nerve conduction and responsiveness
- Support neuromuscular activation and coordination
- Enhance communication between nerves and muscles
- Complement oral-motor, speech, or sensory-motor therapy

When applied carefully, Stimpod may support activation of muscles involved in speech, tongue movement, and facial expression.

### **Why We Use Stimpod in Our Clinic**

Some children with oral-motor, speech, or facial movement difficulties may experience reduced nerve or muscle activation.

Stimpod may be used to:

- Improve tongue strength, mobility, and coordination
- Enhance muscle control in the cheeks and face via trigeminal nerve stimulation
- Support better oral-motor control for speech, feeding, and articulation
- Complement other therapies, including speech therapy, sensory-motor integration, and reflex integration

By providing precise, targeted stimulation, Stimpod “primes” nerves and muscles for activity and helps children engage more effectively in therapy tasks.

### **Understanding How Stimpod Supports Nerve and Muscle Function**

Stimpod can be applied to:

#### **Tongue and Oral Muscles**

- Supports muscles responsible for speech clarity and tongue mobility
- Enhances strength, control, and coordination during speaking or feeding tasks

### **Cheeks / Trigeminal Nerve**

- Targets trigeminal nerve branches to improve sensory and motor responsiveness
- Supports facial muscle tone and oral-motor stability
- Enhances communication between nerves and muscles for coordinated movement

Stimpod's precise stimulation allows therapists to address specific areas of under-functioning neuromuscular control.

### **How Stimpod Helps Children**

#### **For Speech or Oral-Motor Difficulties**

- Improves tongue strength and mobility
- Enhances cheek and facial muscle control
- Supports clearer articulation and oral coordination
- Complements speech therapy exercises

#### **For Sensory-Motor Integration**

- Supports the brain-body connection through peripheral nerve activation
- Enhances muscle responsiveness to sensory input
- Improves overall oral-motor stability

#### **For Developmental or Neuromuscular Challenges**

- Strengthens underactive nerves and muscles
- Enhances coordination of oral and facial muscles
- Supports learning readiness and engagement during therapy
- Facilitates neuromuscular re-education in combination with other therapeutic interventions

### **How Stimpod Is Used During a Session**

Your therapist may:

1. **Conduct a thorough assessment:** evaluate oral-motor function, tongue strength, cheek/facial muscle tone, nerve responsiveness, reflexes, and sensory-motor coordination.
2. **Identify target nerves/muscles:** such as the tongue, cheeks, or trigeminal nerve branches.
3. **Apply gentle stimulation** using the Stimpod probe or electrodes while the child performs integrated therapy activities, such as:
  - Speech and articulation exercises
  - Oral-motor strengthening and coordination tasks

- Sensory-motor integration or reflex activities
- 4. **Monitor changes** in muscle tone, movement, speech clarity, oral-motor control, and overall regulation throughout the session.
- 5. **Adjust stimulation** and therapy tasks according to the child's response and tolerance.

Stimpod is always used as part of a broader, individualized therapy plan.

### **What Are the Benefits?**

With careful, supervised use, Stimpod may support:

- ✔ Improved tongue mobility, strength, and coordination
- ✔ Enhanced cheek and facial muscle control
- ✔ Better articulation and oral-motor function
- ✔ Increased nerve responsiveness and muscle activation
- ✔ Improved sensory-motor integration
- ✔ Support for speech therapy and oral-motor exercises
- ✔ Enhanced engagement and participation in therapy tasks

### **Is Stimpod Safe?**

Yes. Stimpod is non-invasive and gentle when applied under professional guidance.

Therapists monitor the child carefully throughout each session to ensure comfort, safety, and appropriate intensity.

### **Our Approach at Children's Therapy Services**

Stimpod is used as part of a whole-child, individualized therapy plan, which may include:

- Functional neurology assessments
- Oral-motor and speech therapy
- Sensory-motor integration programs
- Primitive reflex integration
- Visual-motor and vestibular development
- Behavioural and emotional regulation support
- Individualized learning readiness programs

Every therapy plan is tailored to the child's neurological profile, developmental goals, and areas of strength.

### **Summary**

Stimpod is a precise neuromodulation device that can be used to support peripheral nerve activation and neuromuscular function.

In particular, it may help improve tongue and oral-motor control, enhance facial muscle responsiveness, and support speech, feeding, and oral-motor development when used as part of a carefully monitored, individualized therapy plan.