

VIBE ESSENTIALS

Additional Instructions for ARK's Z-Vibe® & DnZ-Vibe®



Congratulations on your purchase of ARK's **Z-Vibe**® or **DnZ-Vibe**®, an innovative tool for oral motor therapy and beyond. This device provides a vast range of sensory stimulation for individuals of all ages and cognitive abilities. There are over 30 interchangeable tips available for both the **Z-Vibe**® and **DnZ-Vibe**® to work on a wide variety of goals both in therapy and at home.

Why Vibration?

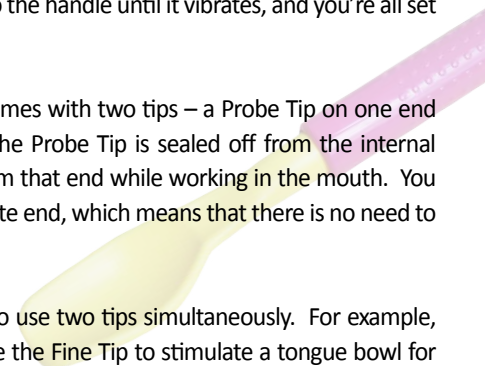
Most people are either auditory or visual learners. Sometimes, however, these two senses are not enough, and we must look to other options, such as the sense of touch. Speech-Language Pathologists have been trained to use tactile input to teach individuals how to lateralize their tongue, elevate their tongue tip, make a tongue bowl, close their lips, learn a rotary chew, position the articulators for sound production, and much more. The **Z-Vibe**® / **DnZ-Vibe**® is a tool to help therapists work on these skills in and around the mouth. It can always be used in the off position without vibration. Or, it can be turned on for additional sensory input with its smooth, gentle vibrations. Vibration provides a new level of sensory stimulation to increase awareness and to draw more acute attention to the articulators. Many individuals also find vibration to be calming and soothing.

What is the difference between the Z-Vibe® and DnZ-Vibe®?

The **Z-Vibe**® comes with one Probe Tip. Simply twist the tip into the handle until it vibrates, and you're all set to go! Only one tip can be used at a time with the **Z-Vibe**®.

The **DnZ-Vibe**® is a double-ended version of the **Z-Vibe**®. It comes with two tips – a Probe Tip on one end of the handle and a Switch Tip on the other. The end with the Probe Tip is sealed off from the internal components so that no water, moisture, or saliva can enter from that end while working in the mouth. You turn the unit on and off by twisting the Switch Tip at the opposite end, which means that there is no need to touch the tip that has just been in the individual's mouth.

You can also replace the Switch Tip with another tip in order to use two tips simultaneously. For example, attach a Fine Tip to one end and a Spoon Tip to the other. Use the Fine Tip to stimulate a tongue bowl for feeding, and then quickly turn to the Spoon Tip to feed the individual. If the individual loses the tongue bowl, you can easily go back to the Fine Tip again.



Safety Guarantee:

ARK's **Z-Vibe®**, **DnZ-Vibe®**, and all of their tips are *Made in the USA*. Not only are they manufactured in the United States, but they are also constructed out of medical grade materials that are FDA compliant and contain no lead, phthalates, PVC, BPA, or latex. Because these products are to be used orally, it is our first priority to enforce the highest safety guidelines. Therefore, all of our products undergo rigorous testing to ensure their top-notch quality. To learn more about our safety standards, please visit our website.

Versatility:

There are over 30 interchangeable tips available for use with either the **Z-Vibe®** or **DnZ-Vibe®**. Most of these tips are available in both a hard and soft version to satisfy various sensory preferences. The soft tips are recommended for individuals who have a bite reflex. Use these tips to stimulate the gums, palate, lips, and tongue by stroking and applying pressure. They can also be used outside the mouth on the cheeks, neck, and arms for additional sensory input. Use the **DnZ-Vibe®** to move quickly and easily between two different tips simultaneously. The **DnZ-Vibe®** is also available in a plastic version with four fun colors.

Probe Tip - Use this tip for hypo- and hypersensitivities in the mouth

Preefer Tip - Use this tip when a “rolling” action is desired and/or to stimulate a suck

Mini Tip - Use this mini version of the Probe Tip for infants, toddlers, and smaller mouths

Spoon Tip - Use this tip for added proprioceptive input during feeding

Sylvie Spoon Tip - Use this tip to stabilize the tongue & to transition individuals from puréed to textured foods

Brush Tips - Use these tips to brush the teeth and massage the gums

Bite-n-Chew Tip - Use this tip to work on biting and chewing skills (also available in scented and XL versions)

Animal Tips - Use these tips to promote mouthing and to work on jaw grading and stability

Fine Tip - Use this tip to locate specific spots within the oral cavity

Popette Tip - Use this tip to increase the individual's interest in therapy

Floss Tip - Use this tip to promote oral hygiene by flossing between each tooth

Tongue Scraper Tip - Use this tip to scrape the tongue and to work on tongue lateralization

Thermal Tips - Use these tips for thermal stimulation / cold retention

Pen/Pencil Tips - Use these tips to work on writing and fine motor skills

For more information & instructional videos, please visit us online at www.ARKTherapeutic.com.



Before you begin:

Use the **Z-Vibe®** or **DnZ-Vibe®** on yourself first to see how it feels. Is your pressure too firm or too light? Does the tool provide enough texture and interest? Remember, overuse of any oral motor tool may result in refusal, just as an individual may refuse to eat certain foods.

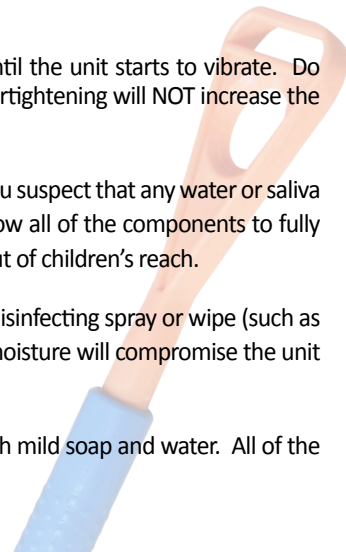
Please note that some individuals may be less receptive to vibration than others. Vibration is very alerting, and it may take time to establish trust and acceptance. Start slowly and gradually introduce the device without vibration first. Then, turn it on and show it to the individual, allowing him or her to feel the vibration in his or her hands or on the arms, slowly working towards acceptance into the mouth. Remember, however, that the **Z-Vibe®** and **DnZ-Vibe®** can always be used in the off position as well. Once the individual feels comfortable with the device, it can be used to work on a variety of skills, including, but certainly not limited to:

tongue lateralization • tongue tip elevation • tongue bowl • tongue/jaw dissociation
tongue retraction • jaw grading & stability • lip seal • lip extension • biting & chewing
texture acceptance • oral awareness & de-sensitization • toothbrushing • writing skills

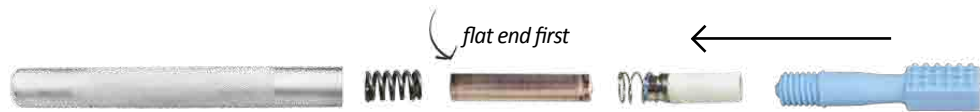
For detailed therapy instructions, consult our instructional how-to guide, *Tips & Techniques for the Z-Vibe®*.

The **Z-Vibe®** and **DnZ-Vibe®** are durable tools that will last for years if properly maintained. The following tips will help you keep your unit in tip-top shape:

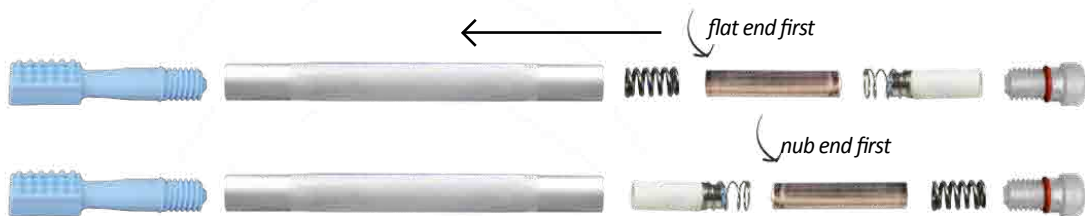
- To turn the unit on, simply twist the tip into the handle *JUST* until the unit starts to vibrate. Do NOT overtighten the unit, as this will cause the motor to crack. Overtightening will NOT increase the vibration.
- Do NOT immerse the handpiece in water, as this will cause rust. If you suspect that any water or saliva has gotten into the handpiece, simply disassemble the unit and allow all of the components to fully dry before the next use. Please make sure to keep all of the parts out of children's reach.
- To clean your **Z-Vibe®** or **DnZ-Vibe®**, sanitize the entire unit with a disinfecting spray or wipe (such as Clorox Anywhere) BEFORE removing the tip. This ensures that no moisture will compromise the unit while you clean it.
- The tip can then be removed and sanitized further by scrubbing with mild soap and water. All of the tips are also 100% dishwasher-safe.



There are three internal components for the **Z-Vibe®** and **DnZ-Vibe®** - a thick compression spring, a Vibe Battery, and a motor/spring assembly. For the **Z-Vibe®**, put the compression spring in first, followed by the battery (flat end first), then the motor (spring end first), and finally the tip:



The **DnZ-Vibe®** can be assembled in two ways. Vibration will be slightly greater on the end that contains the motor. Therefore, in the first option below, vibration will be concentrated towards the Switch Tip on the right. In the second option below, vibration will be concentrated towards the Probe Tip on the left.



Please be aware of the following safety precautions:

- The **Z-Vibe®** and **DnZ-Vibe®** are ONLY to be used by a professional therapist or by a caregiver trained in their use. Use must be supervised at ALL times.
- Do NOT allow individuals to bite or chew on the handle.
- The unit contains small parts that pose a choking hazard. Please use caution when changing tips and/or the battery.
- For sanitary purposes, do NOT use the same tip on multiple individuals. Each individual should have his or her own tip or set of tips.
- If there are any concerns about using vibration, check with the individual's physician before using vibration intra-orally. Remember, the **Z-Vibe®** and **DnZ-Vibe®** can always be used in the off position without vibration.
- It is best to avoid the TMJ area, as this may be uncomfortable for some individuals. For those individuals who have difficulties with their sinuses, it is also best to avoid the sides of the nose where it may be too sensitive.

Chew Tools

In addition to the Z-Vibe® and DnZ-Vibe®, we also manufacture a complete line of medical grade, non-toxic chewing tools made right here in the USA. Available in a wide variety of colors, sizes, scents, textures, and resiliencies, ARK's **Y-Chew**® and **Grabber**® can be used for many applications. Caregiver *and* therapist approved:

- To decrease thumb-sucking, finger/knuckle biting, and/or tooth-grinding
- As an alternative to biting/chewing on fingers, shirts, pencils, and other hazardous non-food items
- As an opportunity for sensory overloaded individuals to calm and soothe themselves
- To de-sensitize the mouth for individuals with oral defensiveness and food aversions
- To increase lip & tongue control
- To increase tongue mobility & lateralization
- To increase jaw grading & stability
- To transition from puréed to textured foods

Customer Testimonial:

“The **Y-Chew** is great for working with little ones on munching and development of the rotary chew. I love the pliable material it is made of and the varied textures. It is so versatile with three different sides to choose from, and the long portion of the Y makes a great handle for the therapist. Fits perfectly in the hands of little ones as well to provide independent oral stimulation in an appropriate manner. My favorite chew tool so far!”

Feeding / Drinking Aids

We also manufacture a unique collection of tools specifically designed to make drinking easier:

- **Sip-Tip**®, **Cip-Kup**™, and **Bear Bottle** - Recommended for individuals who have difficulties generating and maintaining suction, these cup sets are proven to reduce coughing, choking, and aspiration. They can also be used to teach straw drinking and/or to ease the transition from bottle-feeding to cup drinking.
- **Select-Flow Valve, Vangi Valve, and One-Way Straws** - These valves control the flow of fluid in one direction so that it flows up into the straw, but does not flow back into the cup. By keeping the straw full of fluid, they decrease the effort required to drink, thereby increasing hydration while being convenient and discreet.
- **Lip Bloks** - Use these tools to prevent individuals from biting or gagging on the straw, to decrease tongue protrusion, and to promote correct lip/tongue positioning.
- **Straw Clips** - These clips help manage difficult situations by holding straws securely to the side of a cup. No more chasing the straw!



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