Welcome to our family company! As an SLP (speech-language pathologist), I often need to get into the mouth - to provide tactile cues for certain speech sounds, to work on tongue lateralization for feeding skills, etc. Back in 2000, however, there were very few tools available for oral motor therapy, let alone for these very specific goals.

Luckily for me, I married an engineer! So my wonderful problem-solving husband John and I joined forces to create ARK Therapeutic. Our mission has always been to create solutions that will make life easier for you and your loved ones.

Our first product was ARK’s Probe for oral motor input and sensory stimulation. This tool allowed me to safely get into the mouth, direct the articulators, de-sensitize, and more. But for some of my kids it wasn’t enough - they needed more stimulation. So when needed, I would rapidly tap the tongue with the Probe for extra input. John saw me doing this one day, and when I told him why, he said, “What if we make it vibrate?” To make a long story short, that was the beginning of what would later become ARK’s Z-Vibe®.
Fast forward 18 years, and we’ve since developed over 100 different products for speech & oral motor development, sensory integration, oral defensiveness, texture aversions, fine motor, drinking, feeding, chewing, and more. Each ARK product was created for the same reasons as above - we either saw a need within my own practice, or a therapist or parent would share a problem and ask us to create a solution.

Every ARK product is designed, manufactured, and assembled in the USA. Particularly since these are oral products to be used in the mouth, we knew made in the USA was the best option to ensure product safety. Manufacturing in the US also means a stronger US economy, more jobs, and a smaller carbon footprint, among many other benefits.

ARK has been a labor of love for my husband and I as well as our two children, who have grown up with ARK and are now the second generation of our family business. We feel truly honored and humbled that our products have helped so many people. It’s more than we ever imagined!

Please know that more than just selling products, we want to be a resource for you, which is why we’ve put together a comprehensive blog where I share what’s worked for my therapy kids over the past 35+ years. The how-to articles and videos are there to help you reach your goals, both with and without our products.

We look forward to many milestones with you in the future! If you have any questions, please feel free to get in touch.

All my best,

Debbie Lowsky, MS, CCC-SLP
Because our products are used in the mouth, from day 1 it was a top priority to make sure they were made in the USA so that we could ensure their quality and safety.

Not only are they made in the USA, but we also make them personally under our own roof in Columbia, SC, USA! John & our son Evan head all of our engineering and product development from concept and design to prototyping to making the mold and then actually manufacturing the products.

*Pictured above:* John and Evan working on a mold in our engineering shop.
*Below left:* behind the scenes shot of us putting Z-Vibes together on our assembly line (which John also designed!)
*Below right:* An example of what a mold looks like (this one is our Reindeer chew).
ARK’S FIDGET SPINNERS

Endless fidgety fun! These tactile sensory spinners are the coolest new sensory tools on the block.

Big bumps on the front side and small bumps on the back side for varying levels of sensory information.

Also available in a ninja version.

Each spinner spins for about 10 seconds (depending on how it’s spun) - not as long as most other spinners out there. But that’s because it’s a true fidget! You want to be actively interacting and playing with it. This keeps your hands busy and engaged.
ARK’s Grabber was one of our very first inventions. 18 years ago, one of Debbie’s therapy kids was chewing through several shirts a day, and his mother was struggling to find a safer (and less expensive) alternative for him to chew on. So we developed ARK’s Grabber® to come to the rescue - a chewable, medical grade, non-food tool for biting and chewing. Use it:

- As an oral fidget for anyone who needs to chew
- As a safe alternative to chewing on fingers, shirts, pencils, etc.
- To work on oral motor skills and jaw exercises
- To help decrease oral defensiveness and food aversions
- To practice biting/chewing skills without the risk of choking
- Much more

All ARK chews come in 3 color-coded toughness levels. The standard/soft level is the chewiest, for those with limited jaw strength OR mild chewers. The middle XT level is firmer but still chewy, for moderate chewing. XXT is the toughest level (the longest lasting option for avid chewing).
P shape design features a built-in loop that’s easy to hold and a long extension to reach the back molars.

The original Grabber® (above) has a smooth biting/chewing surface. The Textured Grabber® (below) features extra bumps and nubs for a variety of sensory input. Each Grabber® measures about 5” lengthwise, just under 2” across the loop, and 1/2” thick.

Tip: For individuals with low oral tone or jaw weakness, start with the red or magenta Grabbers (these are the softest), then progress to the teal or lime green Grabbers (these are firmer, but still chewy). This hierarchy will help gradually build jaw strength. For individuals with sensory issues and/or food aversions, start with the smooth Grabbers and progress to the Textured Grabbers to help introduce new textures.
**ARK’S Y-CHEW®**

The Y-Chew® has 3 different extensions to chew on, each with a different texture (smooth, ribbed, and bumpy). Each “arm” is long enough to reach the back molars: 2.5”, 1.75”, and 1.25” in length. A feeding therapy staple and a popular oral motor chew for the sensory need to chew.

**ARK’S GRABBER® BRICK**

P-shaped just like the Grabber®, but with different texture: large bumps on the front side and small bumps on the back side for lots of sensory input. This version is slightly larger & more rectangular in shape than the classic Grabbers.

**ARK’S GUITAR**

This “achewstic” guitar has a long extension to reach the back molars, a smooth loop that’s easy to hold, and texture that resembles the strings/knobs of a real guitar. Measures about 5.4” long and just under 1/2” thick.

**ARK’S SIDEKICK™**

The world’s first chewable figurine! Each Sidekick is smooth on both sides and measures about 4” at the widest part, 6” at the tallest part, and 1/2” thick. With 5 different extensions to chew on and 2x the surface area of the Grabber®, this is the longest lasting shape for moderate to avid chewing.
**ARK’S MEGA BRICK™**

ARK’s MEGA Brick Stick™ is very similar to the original and popular Brick Stick™ necklace (page 12) except that it’s almost 3x bigger - 6” long, .75” wide, and .6” thick. It has a hole in one end to optionally attach it to a cord/lanyard. Big bumps on one side and small on the other for lots of sensory input.

**ARK’S HEART**

Love at first bite! A classic shape beloved by both kids and adults, each heart measures about 3.3” across the widest part and .3” thick. Great for chewing with the front teeth.

**ARK’S MAGIC WAND**

This enchanting chewy will put a spell on you! One of the longest chews, each wand measures about 6.25” long, .37” in diameter at the tip, and .8” in diameter at the thickest section. The thicker end has a hole to optionally attach it to a cord/lanyard. Great for back molar chewing.

**ARK’S STAR WAND**

A charming chewy fit for royalty, this wand features a star on one end and a long back-molar stem on the other end. Both ends have a hole to optionally attach it to a cord/lanyard. Each wand measures about 6” long, 2” across the widest part, and 1/2” thick.
CHEWABLE JEWELRY

Fun and functional, these wearable oral motor chew tools are a stylish and discreet way to chew. All ARK chewelry:

- Is Made in the USA (made by ARK personally in Columbia, South Carolina)
- Comes in 3 color-coded toughness levels from soft to firm to super firm
- Comes on an adjustable 36” breakaway necklace
ARK’S BRICK STICK™

One of our most popular chew necklaces. 2.5” long and about 1/2” thick - perfect for reaching the back molars. Comes in both a textured version (above) and a smooth version (to the right).

Large bumps on one side, smaller bumps on the other side for a varied sensory experience.

ARK’S SMILEY FACE

This double-sided disc pendant features a big grin smiley on one side (indented) and a cool sunglasses smiley on the other side (raised) for different visual and tactile interest. At just under 2” in diameter, it’s a great option for those who prefer chewing with their pre-molars and/or front teeth.
ARK’S DIAMOND

All ARK chewelry can be used by both boys and girls, kids and adults. Some people asked us for a more traditionally-girly shape, though, and so ARK’s Diamond Necklace was born! 2x2x.35” - great for chewing with the pre-molars and/or front teeth.

ARK’S BASKETBALL

A sensory slam dunk for sports fans! This rounded disc pendant measures about 1.75” in diameter and 1/2” at the thickest part (in the center of the pendant) - great for chewing with the pre-molars and/or front teeth. The indented basketball details are on both the front and back side.

“My daughter has a need to chew and mouth things. It’s part of how she processes the world and her emotions. Having safe and more appropriate alternatives for chewing helps her to feel safe and happy. Also, it helps that they are cute and stylish. She likes to chew in style :)
ARK’S KRYPTO-BITE™

One of our most popular chew necklaces! ARK’s Krypto-Bite™ Gem is great for both boys and girls, kids and adults. It measures 3” long and about 1/2” thick - perfect for reaching the back molars. Visit ARKTherapeutic.com/gem to view all 14 color options.

ARK’S DINO-BITE™

This “roarsome” T-Rex design is sure to be a hit with dinosaur fans. At 1.5 x 2.5” and just under 1/2” thick, this is a pretty ‘beefy’ chew pendant (and the longest lasting necklace option for avid chewing). Great for chewing with the pre-molars and/or front teeth.

ARK’S DINO-TRACKS™

A “fossil” imprint on the front side, a smooth back side, with 3 points to chew on. 1.75” wide by 2.25” tall by .4” at the thickest part.
ARK’S KRYPTO-BITE™

ARK’s Krypto-Bite™ Tube is very similar to its six-sided gem-shaped cousin with one main difference: instead of hanging vertically, it hangs horizontally. One of our smallest pendants at 2.2” long and just under ½” in diameter. Best for front-teeth chewing.

ARK’S SUPER STAR

Measuring in at about 1.1 x 2” and just under 1/2” thick, this is one of our “beefiest” chew pendants (and one of the longest lasting options for avid chewing).

“...My son and I shared quite a few tension filled moments before I discovered your chewable necklaces. He would run and hide so that he could chew on things without being forced to stop. I learned that chewing was necessary in one of the articles on your website and bought a necklace to see if it would help. Your necklaces have given him a safe way of chewing and have had the added bonus of helping him stay calm and focused.

“
I am an 18 year old college student. Having this chew is helping me get control over my horrible nail biting habit, as well as offering me a great stress relief activity for during the day and or finals week. Before I used this, I had been chewing on everything. Toothpicks, gum, water bottles, plastic sometimes. Anything I could find. I honestly wish I had one of these much much earlier. My nail biting has all but stopped, and I feel much less stress in general.

Ark’s saber tooth

Whether you call it a saber tooth, shark tooth, or dinosaur tooth, this chewable pendant has a “fangtastic” cool factor that both kids and adults appreciate. 2.5” long, 1” across the widest part, and just under ½” thick. Be sure to check ARKTherapeutic.com/chewelry to see all color options for all ARK chewelry.

Ark’s alphabite™

A chew necklace customized with the letter of your choice on it! Available in all 26 letters and 3 colors. Each pendant measures about 1.85” in diameter and .24” thick (or .29” thick including the outside rim). It’s one of our thinnest chew tools. Great for front teeth and/or pre-molar chewing.
**ARK’S CHEW TAGS**

ARK’s Chew Tags are one of our most discreet options for both kids and adults. Measuring 1x2” and .3” thick, they’re also our thinnest chew pendants. Sold in a set of two pendants on one cord. A great fit for those who prefer chewing with their pre-molars and/or front teeth.

**ARK’S ARROWHEAD**

2.25” tall, 1.6” at the widest part, and .3” thick (one of our thinnest pendants). Great for chewing with the pre-molars and/or front teeth.

**ARK’S BITE SABER™**

At 4 inches long and just under half an inch in diameter at the tip, the Bite Saber™ is our longest chew pendant. It features a tactile handle with a smooth “blade” for biting/chewing. Especially great for back molar chewing!
ARK’S PIZZA

ARK’s Pizza Chew Necklace is a slice of cheesy sensory oral motor fun. Each “slice” measures 2” tall, 1.75” across the crust, and just under 1/2” thick for front teeth and/or pre-molar chewing. Tactile “toppings” provide extra sensory input.

ARK’S NINJA STAR

Inspired by ninja “throwing stars,” this modern design measures just under 2” in diameter and 3/8” thick - perfect for those who like to chew with their front teeth and/or pre-molars. A design that’s cool and discreet enough for any age.

ARK’S BRACELETS

Both of our chew bracelet styles have a unique ‘twist-on’ design, which makes it easy to take them on and off the wrist as needed. They’re a particularly good option for those who can’t wear necklaces, and/or for those who chew their sleeves. Available in smooth and textured options in two sizes: small and large.
ARK’S BEST FRIENDS

Keep one half and give the other to your best friend so that you’ll each have one half of the split heart design. Each pendant measures about 2.4” tall by 1.5” at the widest part by .35” thick for front teeth and/or pre-molar chewing.

ARK’S SPIDER BITE™

The Spider Bite is one of the largest pendants - each one measures about 2” wide, 2.25” tall, and just under .4” thick - a great option for chewing with your front teeth. It features spider cut-outs on the front side, with a smooth back side.

ARK’S PUZZLE PIECE

The same size & style as ARK’s popular Super Star necklace, but with a puzzle piece shape in the center instead of a star. 1.1 x 2” and just under ½” thick (one of the thickest shapes) for front teeth and/or pre-molar chewing.
ARK PENCIL TOPPERS

Does chewing on pen caps and pencil erasers sound familiar? ARK’s chewable pencil toppers are a fun and functional solution. They cover the ends of pencils and provide a safe surface area to chew on. As an added bonus, they also add extra weight to the pencil for increased hand awareness. Each topper:

- Is Made in the USA (made by us personally in Columbia, South Carolina)
- Comes in 3 color-coded toughness levels from soft to firm to super firm
- Is long enough to reach the back molars
- Comes with a free eraser-less pencil

They’re a great way to help calm, self-regulate, and focus, and a perfect pairing for homework, note-taking, and more.

ARK’S KRYPTO-BITE™

This is our most popular topper option. It features a 6-sided hex shape that’s about 2.75” long and 1/2” in diameter. Pair this with the Krypto-Bite™ necklace for a matching set. Visit ARKTherapeutic.com/toppers to check out all 11 colors.

ARK’S BITE SABER™

Each Bite Saber™ topper measures just over 2.5” long and about 1/2” in diameter. The round circumference features lots of ribs for extra tactile input and sensory information. Pair this with the Bite Saber™ necklace for a matching set.
**ARK’S BRICK STICK™**

Just like ARK’s popular Brick Stick™ necklace, this topper version features large bumps on the front side and small bumps on the back for varied sensory input. Each topper measures about 2.5” long, .6” wide, and 1/2” thick.

**ARK’S WRITE-N-BITE™**

The same shape as the Bite-n-Chew™ Pencil Toppers (left), but in neutral tones and sold on a pen instead of a pencil. With a smooth cylindrical design and grey tones, it looks just like a regular pen cap. We designed these specifically with adults and older kids in mind as a super discreet way to chew at work, in the office, etc.

“"My son was chewing on his shirt collars and pencils and erasers in class so his teacher recommended these. I got him a red, lime, and blue one for variety. They were a perfect match for him - they’ve held up to his chewing without breaking apart and he doesn’t feel weird about using them because the other kids just think they’re erasers.""
**ARK’S CHEWMOJI™**
A fun & trendy solution for emoji-fans who like to chew. A smiley face (indented into the pendant) on the front side, with a smooth surface on the back side. Each pendant measures 2.25” wide, 2” tall, and .35” thick for front teeth / pre-molar chewing.

**ARK’S RING**
This classic ring shape is a neutral design, great for both boys and girls, kids and adults. Measuring 2” in diameter and 1/2” thick, it’s also a great option for those who like to chew with their front teeth. This is one of the thickest chewable pendants, so it’s one of the longest lasting shapes for avid chewing.

**ARK’S PIRATE COIN**
This double-sided doubloon features a skull on the front side, swords on the back side, and textured bumps all around the edges. Each necklace pendant measures about 2” in diameter and .4” thick - for front teeth chewing.

**CHEWING CARDS**
These pocket-sized cards briefly cover the main reasons why some people need to chew (stress, anxiety, and/or sensory reasons). Hand them out to family members, friends, teachers, colleagues, strangers, etc. to help them understand the need to chew and/or to spread awareness.
ARK’S BABY GRABBER®

ARK’s Baby Grabber® is exactly like the full-sized Grabber®, but with a shorter stem for smaller mouths - perfect for babies and toddlers. Easy for little hands to hold, with an extension to reach the back molars.

ARK’S BABY GUITAR

The Baby Guitar is easy for little hands to hold, with a stem to reach the back molar area. The bumps and ridges on the stem resemble the strings/knobs of a real guitar, while also providing extra sensory input.

ARK’S REINDEER

Fun, festive, and functional, this charming reindeer shape is great for chewing through the holidays and year round.

ARK’S BABY RINGS

Classic teething rings for your little ones to love. They’re available in two different options - smooth or textured. The textured ones have extra tactile ribs for more sensory input.
Most of us are either visual or auditory learners. But when these two senses are not enough, you may need to physically direct the articulators for certain speech and feeding skills. The Probe™, proPreefer™, and proMini™ are ideal tools to help you do so. Therapists (and trained caregivers) can use them to provide targeted tactile cues within the oral cavity to teach tongue elevation, tongue lateralization, lip closure, rotary chewing, and much more. For example, use the Probe™ to apply gentle pressure to the alveolar ridge (just behind the upper front teeth). Then remove the Probe™ and instruct the individual to touch the same spot with his/her tongue tip. You can also follow up by prompting the individual to say the tongue tip sounds /t/d/n/l/.

These therapy tools were specifically designed with safety in mind. The same material as our Grabber® is molded through and around a loop in the handle so that the tip will NOT fall off. At less than 5 inches in length, they’re super lightweight, compact, and portable. Ideal for oral motor exercises and sensory stimulation whether you’re at home, in therapy, or anywhere in between. Easy to clean, dishwasher-safe, and made in the USA out of FDA compliant, non-toxic, medical grade, CE approved materials.

“I bought the Probe for use within the geriatric population. At first glance, I thought it would be too small to perform oral motor stimulation and exercises. I was wrong! This is perfect for all ages and provides that extra tactile input many clients need.”

Tip: roll the proPreefer along the inner cheek area. Sensory input to this area helps increase awareness of leftover food particles in the sides of the mouth.
The Oro-Navigator™ is specially designed to promote tongue movement. Use it to navigate the tongue from side to side to establish the concept of lateralization, or up and down to teach elevation. Simply place the cuff over the side (or front) of the individual’s tongue to guide it.

The proMini™ is the same as the favorite Probe™, only with a smaller tip end for use with infants and/or smaller mouths. The nubs work well to hold sticky foods, such as applesauce, puréed foods, and stage 1 baby foods.

The proPreefer™ is similar to the Probe™, but with a different tip end. Its cylindrical shape is specifically designed for when a “rolling” action is desired during oral motor treatment and sensory development. Roll it along the lips, inside the cheeks, across the tongue, etc. The ridges along its circumference offer a different kind of tactile input. For infants, place the tip just inside the mouth, gently pushing it in and out to stimulate a suck.

The Probe™ has a rectangular tip that is bumpy on one side, striated on the other, and smooth around the sides. These textured surfaces provide tactile input, awareness, and sensation. Use them to stimulate the gums, palate, cheeks, lips, and tongue by stroking and applying gentle pressure. It can also be used to stabilize the jaw to work on isolated tongue movements.
Much like ARK’s Probe™, the Z-Vibe® uses targeted tactile cues to facilitate a variety of speech and feeding skills. When just touching the lips, tongue, cheeks, etc. doesn’t provide enough input, however, the Z-Vibe® can be turned on to vibrate. Its gentle vibration provides a new level of tactile awareness for additional sensory feedback. Use it to:

- Direct the articulators for tongue elevation / lateralization, lip closure, etc.
- Provide proprioceptive input to the lips, tongue, cheeks, gums, palate, and jaw
- Stimulate areas outside the mouth on the neck, arms, hands, etc.
- “Wake up” the mouth, increasing oral awareness and tone
- Decrease hyposensitivities, mouth stuffing, and drooling
- Decrease hypersensitivities, oral defensiveness, and texture aversions
- Soothe, calm, and organize
- Improve focus and concentration
Sleek, lightweight handle that’s textured for a slip-resistant grip and added tactile input. Available in 8 different colors: 

Over 25 interchangeable tip attachments!

To turn on, simply twist this end clockwise *just* until it starts to vibrate (be careful not to over-tighten)

Designed with versatility in mind, there are over 25 tip attachments available in various sizes, shapes, textures, and resiliencies. From spoons to toothbrushes to pencils and more, the same handle can shift goals simply by switching out one tip for another. Browse the following pages to learn more. All tips are available separately and/or in customizable kits only at ARKTherapeutic.com.
ARK’S PROBE TIP
ARK’s Probe Tip is our most versatile tip attachment for Z-Vibe® or Z-Grabber®. Just like the Probe™, its rectangular shape has three different surfaces: bumpy, striated, and smooth. Use it to provide tactile input to the gums, palate, lips, cheeks, and tongue by stroking and applying gentle pressure. For individuals with oral sensitivities, start with the smooth sides and gradually progress to the textured sides.

ARK’S MINI TIP
Designed specifically for use in those little mouths, ARK’s Mini Tip is a smaller version of the popular Probe Tip. Just like the Probe Tip, it features three different surfaces for oral input and sensory development: bumpy, striated, and smooth. Compatible with any Z-Vibe® or Z-Grabber® handle.

ARK’S PREEFER TIP
ARK’s Preefer Tip is cylindrical with long ridges along its circumference for when a “rolling” action is desired. Roll it inside the cheek area to increase awareness to the cheeks, across the lips to stimulate the lips, etc. Compatible with any Z-Vibe® or Z-Grabber® handle.

ARK’S FINE TIP
Need to isolate a specific spot within the oral cavity? ARK’s Fine Tip narrows down to just about the size of a pencil tip in diameter - perfect for pinpointing certain areas or “sneaking” into hard to reach areas, such as the sides of the tongue. Compatible with any Z-Vibe® or Z-Grabber® handle.

Tongue Elevation Exercise: Use the Fine Tip touch the alveolar ridge (right behind the upper front teeth). Then remove the Fine Tip from the mouth and instruct the child to touch the same spot with his/her tongue tip. Followup with tongue tip sound production of /t/, /d/, /n/, /l/, /s/, or /z/.

For more tongue tip elevation exercises, visit: www.ARKTherapeutic.com/blog/tongue-tip-elevation-exercises/
I was pleasantly surprised with the vibration of the Z-Vibe. It is quiet and effective, not too high or overwhelming. I use them daily with my patients with oral aversions and have really noticed a difference!

**ARK’S TONGUE TIP**

Use the Tongue Tip as a tongue exerciser for elevation and lateralization - have the individual place his/her tongue tip inside the hole, then gently guide the tongue up and down to establish the concept of elevation, or left and right for lateralization. It can also be used as a tongue scraper for oral hygiene and awareness. Compatible with any Z-Vibe® or Z-Grabber® handle.

**ARK’S POPETTE TIP**

ARK’s Popette Tip is an adapter that allows you to use Toothettes, DentaSwabs, and most lollipops with the Z-Vibe® or Z-Grabber®. Use the Toothettes/DentaSwabs for oral hygiene and/or for oral sensory evaluations and treatment. Use lollipops for oral motor work, and just plain fun! Simply press the stem of the lollipop into the adapter, and you’re set to go.

Tip: More than just a sweet treat, lollipops make for a wonderful oral motor tool that kids love to use. For ideas on how to use lollipops with or without the Popette Tip to work on lip closure, tongue lateralization, tongue and jaw dissociation, cheek strength, and much more, visit: ARKTherapeutic.com/blog/post/1266

**ARK’S BRICK TIP**

ARK’s Brick Tip is a rectangular tip attachment that features large bumps on the front side and small bumps on the back side for varying sensory input. It combines the cool-factor shape and durability of ARK’s original Brick Stick™ chew necklace with the vibration of the Z-Vibe®. It comes in 3 color-coded toughness levels (red = standard, teal = medium firm, blue = super firm) for all chewing levels & sensory needs. Compatible with any Z-Vibe® or Z-Grabber® handle.

“...
**TIPS & TECHNIQUES FOR THE Z-VIBE® & Z-GRABBER®**

Written by our very own Debbie Lowsky, MS, CCC-SLP, this book walks you through how, when, and where to use the Z-Vibe®, Z-Grabber®, and their various tip attachments to improve a variety of speech, feeding, and oral motor skills. Chapter topics include: oral awareness, lip movement, jaw grading and stability, tongue and jaw dissociation, tongue elevation, tongue lateralization, tongue bowl, biting and chewing, articulation, and more. Therapists and caregivers alike appreciate the easy-to-follow exercises and detailed illustrations. It features heavy-stock paper to stand the test of time, and spiral binding so that you don’t have to “fight” with the pages to keep them open during therapy. Available in English, Spanish, or French.

**ARK’S SPOON TIPS**

These Spoon Tip attachments turn any Z-Vibe® into the ultimate sensory feeding tool. Their size, shape, and shallow bowl allow for easy feeding and oral stimulation. Use the soft tips for individuals with a bite reflex and/or sensory issues, and the textured tips to discourage food aversions and provide added tongue stability. When used with the Z-Vibe, the smooth vibration gently “wakes up” the mouth, increases awareness, and provides stimulation to the lips, tongue, cheeks, and jaw. A wonderful tool for any sensory mealtime treatment plan. During self-feeds, attach a Weighted Tip to the opposite end of the handle for additional feedback to the hand. The Spoon Tips are sized for children up to the age of roughly 2.5 years, depending on their mouth size.

**ARK’S FLAT TEXTURED SPOONS**

These spoons have a very thin profile - perfect for individuals who have limited lip control and/or difficulty removing food from the spoon. Textured on one side, smooth on the other. Use the end with lines for mild input, or the end with bumps for more input.
The Animal Tips are by far the favorite tips I use with the kids on my case-load. They are so friendly-looking, with lots of texture variety (including very smooth sections, too). I can use them for oral stimulation, trying new foods, and even as a reinforcer for hard work. They are a big hit in any setting and make therapy much more fun!

Use the ears as spoons
ARK’S BITE-N-CHEW TIPS
These tips were specifically designed to practice biting and chewing skills. The tip ends are round and chewable. Use them to develop the oral motor skills necessary for feeding, such as a sustained bite, rhythmic chewing, and jaw strength and stability. They come in three different versions: Standard (green), XL “Xtra Long” (blue), and Textured XL (yellow). The extra long ones are thinner and about an inch longer than the standard ones - perfect for reaching all the way to the back molar area. And the textured version has bumps around its circumference for added tactile input. Compatible with the Z-Vibe® or Z-Grabber® handle.

ARK’S BITE TUBE TIPS
Get those molars munching! The Bite Tube Tips are similar to Bite-n-Chew Tips, only hollow. Fill them with puréed foods for functional chewing practice, to establish the concept of biting/chewing to get food, and to work on motor planning. The hollow tube gives less resistance and is easier to chew for beginners, and the ribs encourage texture acceptance. Compatible with any Z-Vibe® or Z-Grabber® handle. Colors may vary.

ARK’S BRUSH TIPS
Use these tips to turn any Z-Vibe® or Z-Grabber® into a sensory toothbrush. The Soft Brush Tip (blue) has pliable bristles for gentle gum massage. The Hard Brush Tip (yellow) has firmer bristles much like a standard toothbrush. Use them as sensory “training wheels” to get individuals desensitized to toothbrushing before transitioning to regular toothbrushes. Compatible with any Z-Vibe® or Z-Grabber® handle.

CUSTOMIZABLE Z-VIBE® KITS & CASES
Choose from 8 different handle colors, over 20 tip options, and (for the Travel Kit, Carry Kit, and Tip Kit) 7 different case colors. Whether you need a kit for working on biting/chewing skills, for feeding therapy, for oral hygiene, for oral defensiveness, or anything in between, the custom kits are a great way to get exactly what you need, for a savings. Not sure what to get? Each kit is pre-selected with the most popular selections by default. And you can always email us at info@arktherapeutic.com for specific recommendations.
ARK’S Z-GRABBER®

The best of both worlds

ARK’s Z-Grabber® is an innovative vibrating oral motor chew tool that combines benefits of both the Z-Vibe® and Grabber®. It functions exactly the same as the Z-Vibe® with all of the same uses and benefits, plus a “Grabber” loop built in to the handle for an easy grip. Use the yellow Bite-n-Chew Tip for biting/chewing practice, texture acceptance, and sensory input. The Z-Grabber® is compatible with all of the same tips and spare parts for the Z-Vibe®.

“I purchased the Z-Grabber for my daughter (2yr) to reinforce what our therapist does with her. Before she eats, we use it to massage her cheeks and around her mouth. We use the Bite-n-Chew Tip to bite down on, and also for waking up the tongue. With the handle it’s easy for her to hold and she really enjoys not thinking of it as “work” at all!”

THE RIGHT BITE

For individuals with feeding issues, the ability to visually judge food and take an appropriately sized bite can be a difficult task. The Right Bite solves this problem by allowing you to present a prescribed, manageable amount of food to the individual (while preventing your fingers from getting bitten).
Straw drinking can be a complicated task, as it requires coordination of the lips, cheeks, tongue, and jaw. Try drinking from a straw, paying attention to what your mouth is doing – your lips should be pursed and closed around the straw, the tongue tense and retracted, and the cheeks taut. Lip Blok® mouthpieces are a simple yet effective way to promote these oral motor skills. They also prevent individuals from biting the straw or putting it too far into their mouths.

Lip Bloks come in three different lengths – ¾” (yellow), ½” (blue), and ¼” (turquoise). Start with the longest ¾” length. Once the individual becomes accustomed to that length, switch to the ½”, and then finally to the ¼”. Or, start with a flexible Lip Blok® (orange or magenta) and gradually trim the stem over time. This hierarchy slowly teaches individuals to put less and less of the straw into their mouths. When only ¼” is inside the mouth, fluid is deposited in the front of the mouth where it is easier to manage and less likely to cause coughing/aspiration. With shorter lengths, you also get a better oral motor workout, as the tongue retracts more, the lips seal better, and the cheeks have more tension.

The Flexible Lip Bloks are also available in fun lip and mustache shapes! Like the orange and magenta Lip Bloks above, you can trim the mouthpiece over time.

I have seen great improvement in lip pursing and general oral muscle tone with use of the lip blok. I have also sent the lip blok home with families and they have seen continued benefit with home use and have been so pleased that such a simple option can benefit their child so much!
Straw drinking requires not only coordinated oral motor skills, but also the ability to generate and maintain suction. To make this easier, ARK’s One-Way Straw, Select-Flow Valve, and Premium One-Way Valve control the direction of fluid - liquid flows up into the straw, but does not empty back into the cup. Because fluid always stays at the top of the straw, less effort is required for each sip (and less air is ingested).

The disposable One-Way Straws have a built-in valve in the bottom of the straw, which provides the most convenience for the caregiver and discretion for the user. The Select-Flow Valve is a removable, re-usable valve that fits into the bottom of most regular straws. And the Premium One-Way Valve is a lifetime, stainless steel, re-usable valve that can be taken apart for easy cleaning. All options are recommended for individuals who tend to aspirate or have a weak suck.

For individuals who tend to take too much fluid at a time, the Select-Flow Valve also slows the flow of fluid, allowing for smaller, more manageable sips that lower the risk of coughing/choking. If a restricted flow is not necessary, simply trim the tapered end with a pair of scissors to increase the flow.

This little plastic valve is the key to successful feeding therapy as far as I’m concerned. Our 1 year old daughter is learning to use a straw and she does not have the oral motor skills to maintain suction without this valve. When we use it along with a lip blok on either her Cip Kup or Bear Bottle, we make significantly more progress.
ARK’S CUP SETS

Make straw drinking easier

Although the valves can certainly be used on their own, they work best when paired with the Cip-Kup™, Sip-Tip®, or Bear Bottle. This combination allows the parent/caregiver/therapist to assist the drinking process if needed. Simply squeeze the bottle of the Cip-Kup™ or Bear (or press the lid of the Sip-Tip®) until fluid reaches the desired height. Fluid will then stay at that height, just like the orange juice in the image shown to the right. With liquid staying at the top of the straw, only minimal effort is required to drink each subsequent sip.

“I was referred to the Bear by my 1 year old’s OT. He has Down Syndrome and I was warned against using typical sippie cups that promote tongue protrusion. This has been awesome for him to learn from. It took him 1 time to get it and 3 times to work it like a pro. I was VERY HAPPY with this kit. It worked much better than the other training straw cups on the market.”
The Cip-Kup™ and Bear Bottle both have a flexible bottle with a twist-on cap. The Sip-Tip® comes with a rigid tumbler, a snap-on lid, and graduated marks along the side of the cup to monitor fluid intake. All options hold 8 ounces of fluid and fit together snugly to minimize spillage.

For individuals with a weak suck and/or oral motor difficulties, start by squeezing fluid to the very top of the straw. Once the individual becomes comfortable drinking from that height, squeeze it to a slightly lower height in the straw. Once the individual becomes comfortable drinking from this new height, lower it again, repeating until the individual can suck fluid up the full length of the straw. This gradual transition is also a wonderful strategy to transition babies straight from bottles to straws - avoiding sippy cups altogether and promoting proper lip, tongue, cheek, and jaw positioning.
ARK’S TRAN-QUILL™

“Wake up” the hand muscles with vibration

Combine our Pencil Tip with the Z-Vibe® handle and you get ARK’s Tran-Quill™ Pencil — the ultimate sensory writing tool. The vibration, textured handle, and weight provide increased sensory input to the hand. These sensations can help increase focus, improve muscle memory, normalize writing speed, and increase hand strength and dexterity. When turned on to vibrate, the soothing effects are felt in the hand, but do not affect the actual writing (no squiggly lines). Pen and crayon versions also available. Highly recommended for individuals with sensory integration issues and/or poor fine motor control.

ARK’S BUTTER GRIP

A pencil grip specially designed to open up the web space: The round shape serves as a tactile cue for the fingers to grasp around, with the fingertips resting on the pencil. Compatible with the Tran-Quill™ and regular pencils.

“My son has sensory integration issues. Since putting the Z-Vibe pencil into his therapeutic repertoire, he can complete written work more easily and is able to focus on school work because of the sensory stimulation. A great tool, and one that looks cool enough at school that my son is willing to use it.”
As a “bookmark,” it discreetly fits in with the rest of your desk items without specifically standing out as a sensory tool. Run your fingertips across 4 different textured sections - small bumps, larger bumps, straight lines, and diagonal lines. As an added bonus: the bookmarks are soft and flexible - bend them, twist them, roll them, and fidget away.

**ARK’S PEGABLES™**
Mix and match this 14 piece set of shapes to practice numbers and letters, build fun designs like cats and smiley faces, and much more. Pick each piece up by the peg in the center to practice fine motor skills.

**ARK’S SENSORY BOOKMARKS**
A cool tactile hand fidget for home, school, work, or anywhere in between.

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