

# Face Facts with F.O.T.T

## Foundations of Effective Oral Hygiene for People with Sensory Disruption

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# Outline

- Facial Oral Tract Therapy (F.O.T.T.)
- Application of Principles to:
  - reduce hypersensitive responses
  - facilitate oral movement
  - promote oral hygiene
- How do we know its working – monitoring and evaluation

# **ASSOCIATION FOR THE REHABILITATION OF COMMUNICATION AND ORAL SKILLS (ARCOS)**

- **Information and advice**
- **Specialist multi-disciplinary assessment and therapy**
- **Augmentative and alternative methods of communication**
- **Free trial, loan and rental of equipment**
- **Special Education Needs assessment and teaching**
- **SMILE stay and play**
- **Expert witness assessment and reports**
- **Training courses professionals and carers**

- **ARCOS focuses on the client**
- **Knowledge, understanding, skills & technology are available and expanding rapidly.**
- **However access to information and specialist skills is problematic.**

# THE GOAL:

- Promote the patient's quality of life

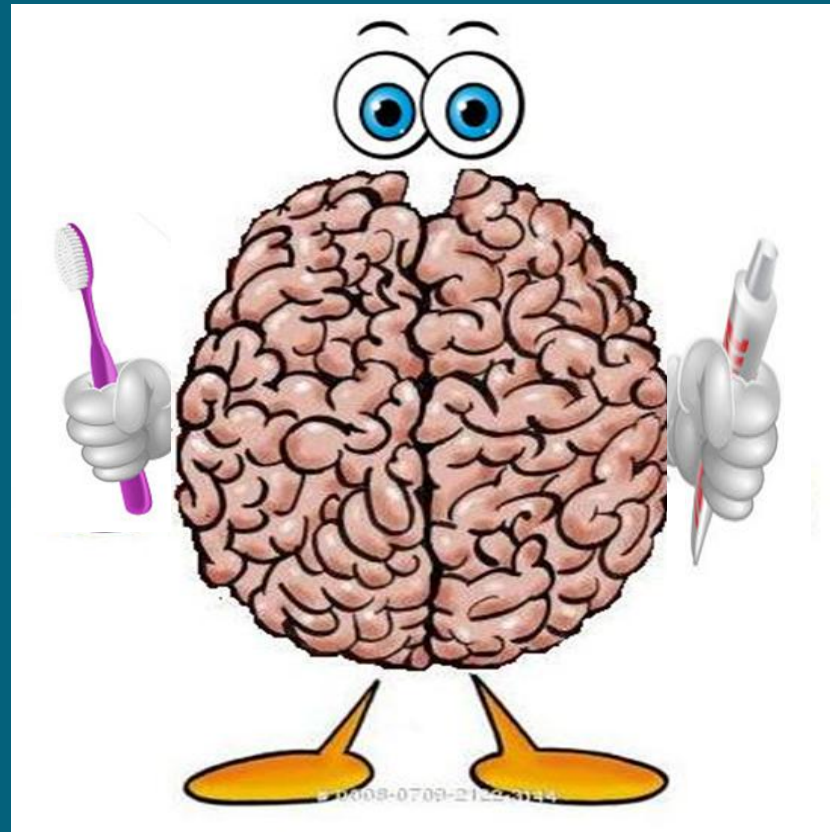
## Entails:

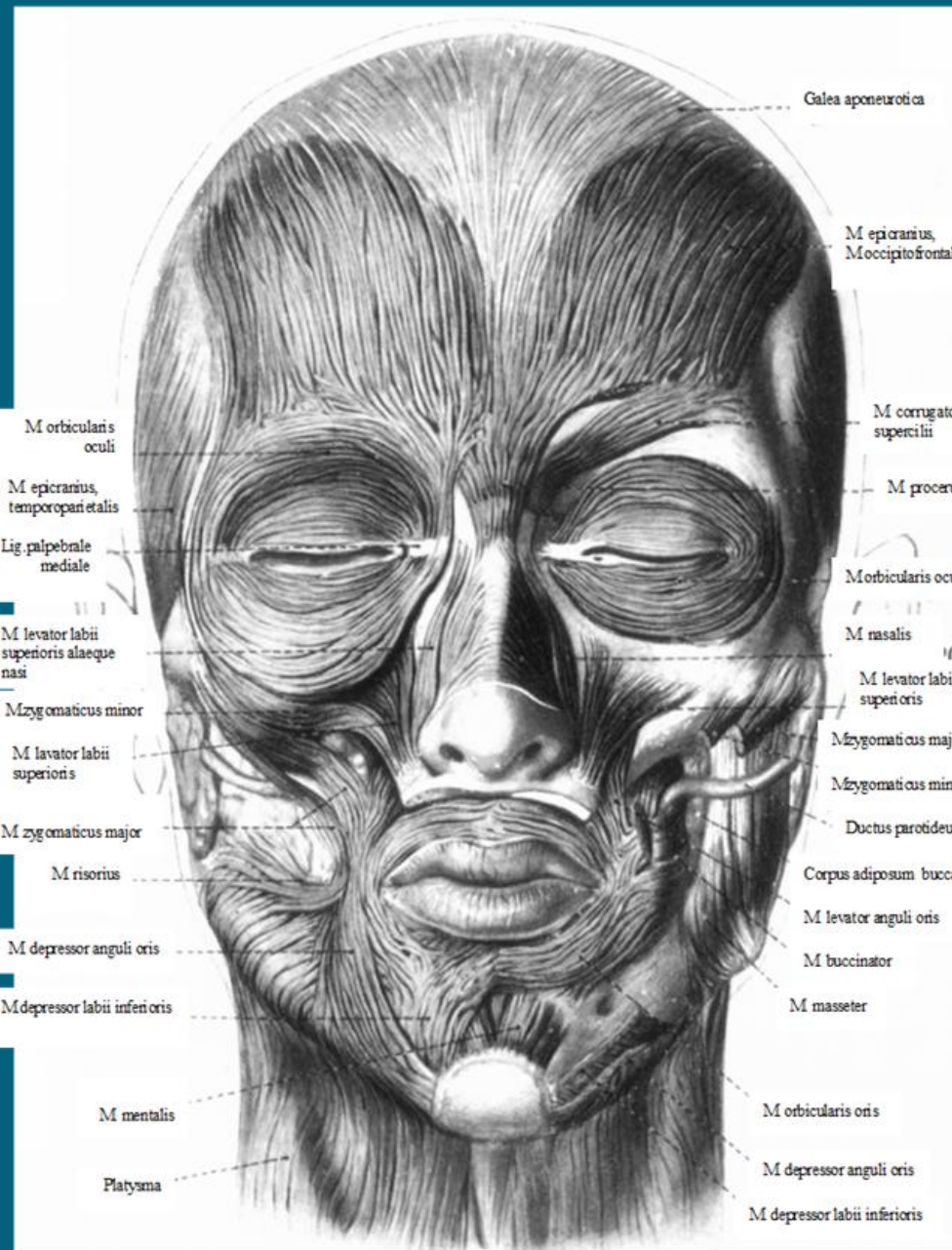
- influencing the state of the brain through sensation
- enabling interaction with the environment
- supporting adjustments by patient and family
- preventing secondary disability

*“Anyone and everyone can use an electric toothbrush and should if they are serious about maintaining a healthy and beautiful smile.”*

*Oral B sponsor National Smile month 2015*

“And so we meet again on the fields of  
battle”







**Improve sensory feedback  
from the body -> change posture**

**CHANGE POSTURE**

**= Change sensation**

**= Change function**

# THERAPEUTIC POSITIONING PROMOTES COMMUNICATION

- Body posture
- Head control
- Jaw movement
- Oral function
- Breathing
- Swallowing
- Voice
- Non-verbal communication

# PHYSIOLOGICAL ALIGNMENT MAINTAINED IN SUPPORTED SIDE - SITTING

# FROM HAND TO MOUTH (1)

# USING EXPLORATORY BEHAVIOUR TO REDUCE TONGUE THRUST

**JUNE 2010 – JUNE 2015**

# LIFE LONG NEEDS

# ORAL HYGIENE: FACILITATING FUNCTION AND INTERACTION WITH ENVIRONMENT

## Supported sitting

- participation – hands  
(toothbrush, mouth)
- tactile information v verbal  
direction
- eyes closed = focused attention



# **HYPERSENSITIVE RESPONSE**

# INVOLUNTARY BITING

- Position of individual
- Position of the jaw
- Give alternative sensorimotor input
- how to protect the lip

## Check:

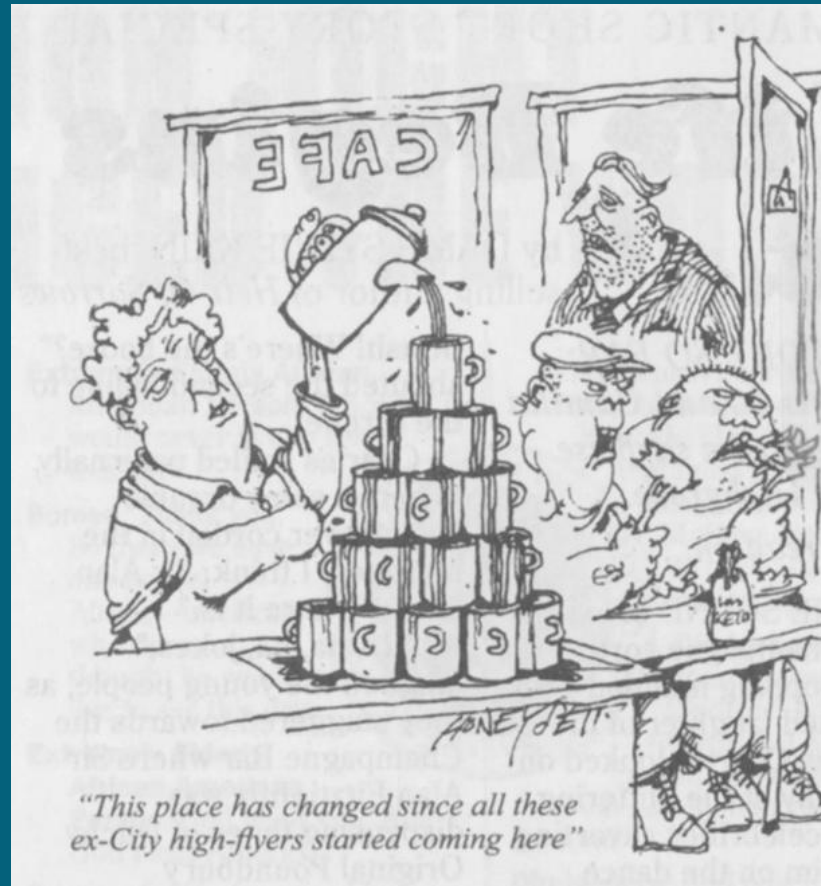
- Overall position and support
- Position of the jaw
- Provide an alternative base of support

Note: open mouth posture  
& the jaw is no longer  
pulled back

# FACILITATED JAW OPENING

- **Why is it difficult to open the jaw?**
- **Possibilities to improve background posture**  
e.g. increase base of support
- **Mobilise the jaw muscles and bring the jaw forward**
- **Use asymmetry**
- **Lateral contact inside the mouth**

# WE DO OUR BEST WITH RESTRICTED RESOURCES



# THANK YOU FOR YOUR ATTENTION

## ARCOS

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