

**ARK's Z-Vibe®** is an innovative vibratory tool for oral motor therapy and beyond. Use it to normalize sensitivities and to improve a variety of speech and feeding skills. The Z-Vibe® is highly recommended for individuals with low oral tone, oral defensiveness, and/or texture aversions who need sensory oral motor stimulation. Made in the USA out of medical grade materials. (Please note: if you're looking for the DnZ-Vibe, it is now simply called the Z-Vibe).

Oral motor chew tools are an excellent way to provide oral stimulation, exercise the mouth muscles, build oral tone, and practice biting/chewing skills. They can also be used as oral fidgets, redirecting finger/knuckle biting, chewing on shirts, etc. to a safer outlet. Click on the categories below for more information.

Oral motor therapy works on the oral skills necessary for proper speech and feeding development. Z-Vibes, straws, Lip Bloks, and chew tools are excellent ways to exercise the mouth muscles. Use them to develop strength, coordination, movement, and endurance in the lips, cheeks, tongue, and jaw.


### **ARK'S Z-VIBE® VIBRATING ORAL MOTOR TOOL**



ARK's Z-Vibe® is a vibratory oral motor tool that can help build oral tone and improve a variety of speech, feeding, and sensory skills. Use it to provide a varied sensory experience and/or to provide targeted tactile cues within the oral cavity. Its gentle vibration provides a new level of sensory stimulation to increase oral focus and draw more attention to the lips, tongue, cheeks, and jaw. Vibration can also be very calming, soothing, and organizing.

The Z-Vibe®'s sleek, innovative design features a lightweight, plastic handpiece with gentle bumps around its circumference for a non-slip grip. This texture can also be brushed along the cheeks, arms, hands, etc. for additional tactile input. The handle comes with a blue Probe Tip on one end and a Switch Tip on the other. Use the Probe Tip for oral motor assessment and development. To turn the unit on, simply twist the Switch Tip at the opposite end of the handle **just** until the unit starts to vibrate (please do not over-tighten).

Designed with versatility in mind, there are over 35 (and counting!) tip attachments available in various scents, sizes, 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. View them all [here](#).

-  **Made in the USA** out of medical grade quality, FDA compliant materials
- NO lead, phthalates, PVC, BPA, or latex
- The Z-Vibe® is sold here with 1 Probe Tip and 1 Switch Tip, other tips sold separately (or you can add an extra one via the pull-down menu above)
- Battery included (please note: this is a special Vibe Battery not sold in stores - we recommend buying a spare)
- Measures approximately 6.5" in length and less than half of an inch in diameter
- Recommended for individuals of all ages and abilities under the guidance of a therapist or a trained caregiver

The Z-Vibe is available in two different versions: plastic (all of the color options) or metal (aluminum). The plastic options are sturdy, affordable, easy-to-clean, and colorfully kid-friendly. The aluminum option has slightly more weight to it, and the metal is cool to the touch.

### **Why It Works?**

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. ARK's Z-Vibe® is an ideal tool to help you do so. Therapists (and trained caregivers) can use it 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 Z-Vibe® to apply gentle pressure to the alveolar ridge (just behind the upper front teeth). Then remove the Z-Vibe® 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/.

When just touching the lips, tongue, cheeks, etc. doesn't provide enough input, simply turn the Z-Vibe® on. Its gentle vibration provides a new level of tactile awareness for additional sensory feedback, to help "wake up" the mouth, and to draw more acute attention to specific movements of the cheek, jaw, lips, and tongue.

Please note that by no means does an individual have to use vibration to acquire skills for feeding and articulation. Some people simply do not like vibration - and that's ok! Even without vibration, the Z-Vibe® can still provide a vast range of sensory stimulation.

### **Benefits**

**Increase Oral Awareness:**

The Z-Vibe is highly recommended for individuals with hyposensitivities and low oral tone. Its gentle vibration will increase oral awareness and provide much needed proprioceptive input to the lips, cheeks, tongue, and jaw. For sensory-seekers who crave oral stimulation, massaging the gums with the Soft Brush Tip is particularly effective.

**Decrease Oral Sensitivities and Food/Texture Aversions:**

The Z-Vibe is also recommended for hypersensitive individuals. In these cases, vibration as well as the various scents/textures of the tips can gradually desensitize the mouth and decrease oral aversions and sensory defensiveness.

**Calm and Soothe:**

Vibration can be a very helpful tool for calming and organizing. The Z-Vibe's smooth vibration provides gentle sensory feedback to the lips, gums, tongue, jaw, and inside the cheek area. This oral input can help decrease self-biting or chewing on one's hands, shirts, pencils, etc. While it is mostly used inside the oral cavity, it can also be used outside the mouth on the cheeks, neck, and arms for additional feedback.

**Transition from Puréed to Textured Foods:**

The Textured Spoon Tips have a textured surface on the back side of the spoon. Use these tips with the Z-Vibe in order to gradually introduce new textures during feeding. Or, use the ears of the Animal Tips to feed and allow the individual to mouth the tips and explore their various textures and shapes.

**Increase Interest in Therapy:**

Use the Z-Vibe with the Scented Bite-n-Chew Tips, the friendly Animal Tips, and/or the Popette Tip with a lollipop in order to spark attention and increase participation in therapy.

**Teach Biting and Chewing Skills:**

Use the Z-Vibe with Bite-n-Chew Tips to develop and improve the oral motor skills necessary for feeding, including a sustained bite, rhythmic chewing, jaw strength and stability, and more. These tips are available in berry and citrus scents that simulate the smell of real food as well as extra long (XL) versions that can reach all the way to the back molar area. The Animal Tips can be used to practice mouthing, biting, chewing, and jaw grading and stability. And the Bite Tube Tips can be used with real foods for functional biting/chewing practice. Because they're hollow, the Bite Tube Tips are also recommended for those with a weak bite.

**Develop Oral Motor Skills:**

The Z-Vibe provides a safe and effective way to work on the oral motor skills necessary to make speech sounds and to manage food. These skills include: lip/cheek/tongue awareness, lip closure, lip extension, jaw stability and grading, tongue and jaw dissociation, tongue elevation, tongue retraction and protrusion, tongue lateralization, and a tongue bowl. Using the Z-Vibe, therapists and caregivers can target specific movements within the oral cavity - physically demonstrating where the tongue, lips, and jaw should be for each skill. For specific exercises on how to improve these goals, consult our blog, video directory, and *Tips & Techniques for the Z-Vibe® & Z-Grabber®*.

**Improve Oral Hygiene:**

Use the Brush Tips for gentle gum massage and teeth cleaning and to transition individuals into the eventual use of a regular toothbrush. The Tongue Tip, Popette, and Floss Tips can also be used for dental care with the Z-Vibe.

**Work on Writing Skills:**

When used with the Pen, Pencil, or Crayon Tips, the Z-Vibe becomes the Tran-Quill™ Pen/Pencil/Crayon - an excellent tool for sensory motor needs. The vibration increases focus and attention while working on handwriting, homework, and other writing tasks, but does not affect the actual writing.

## **FAQ's**

**Who manufactures the Z-Vibe®?**

We do! At ARK Therapeutic, you are buying directly from the manufacturer and designer of this tool.

The Z-Vibe® is the brainchild of Debra C. Lowsky, MS, CCC-SLP and her husband John Lowsky, Jr., BS ME. Having worked with children and adults with speech and feeding disorders for over 35 years, Debbie fully understands the challenges that the special needs community faces every day. The Z-Vibe® was therefore designed with safety, durability, and versatility in mind. To learn more about us, [click here](#).

**Are the materials safe?**

100% yes. ARK Therapeutic was founded with the desire to serve the special needs community with quality products to improve their quality of life. We are one of the only companies in the industry registered with the FDA, and all of our products are listed with the FDA and manufactured in the USA. All of ARK's products are also constructed out of medical grade materials that contain NO lead, phthalates, PVC, BPA, or latex.

**Why does it require a special battery?**

We had to modify the battery in order to be able to make the Z-Vibe in the USA at a affordable price point. You are welcome to compare the Z-Vibe battery to regular quad energizers and make the adjustment yourself, but we can only guarantee that the ones we modify are done correctly.

**Who can benefit from the Z-Vibe®?**

ARK's Z-Vibe® can benefit individuals of all ages and cognitive abilities, particularly those with an articulation disorder, feeding disorder, sensory issue, and/or oral motor difficulties. These difficulties may be seen in individuals with, but not limited to, Down syndrome, Autism, Cerebral Palsy, SPD, etc. Caregivers should consult with your speech and/or occupational therapists to see if the Z-Vibe® can be incorporated into your loved one's therapeutic treatment plan.

**Is vibration right for everyone?**

Many individuals crave oral sensory input and welcome stimulation from the Z-Vibe®.

However, each person has his or her own set of sensory preferences, likes, and dislikes, and so some 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 the hands or on the arms, slowly working towards acceptance into the mouth. Remember, however, that the Z-Vibe® can always be used in the OFF position without vibration. Even without vibration, the Z-Vibe® can be used for oral motor stimulation and speech/feeding exercises.

**I am a parent/caregiver. Can I use the Z-Vibe® at home?**

Absolutely! It is very important for parents to follow through with recommended therapy techniques at home. On average, children see their speech therapists 1-2 times per week, but you see your child every day! Accelerate learning by working on your child's therapy homework every day, several times throughout the day. Ask your therapist to explain AND demonstrate the exercises and to give you tips for making progress at home. Detailed exercises on how to use the Z-Vibe can also be found in *Tips & Techniques for the Z-Vibe® & Z-Grabber®*.

**Can my child use the Z-Vibe® on his own?**


The Z-Vibe® is to be used by a therapist and/or parent. If the child wants to hold the Z-Vibe him/herself, we recommend using hand-over-hand assistance. As a medical device that contains small parts, it must be supervised at all times.

## ARK'S ORAL MOTOR PROBE™



Designed by speech-language pathologist Debra C. Lowsky, MS, CCC-SLP, ARK's Oral Motor Probe™ is an excellent tool for oral motor treatment and sensory development. It has a rectangular tip that is bumpy on one side, striated on the other, and smooth along the edges. These textured surfaces provide tactile input, awareness, and sensation. Use it to stimulate the gums, palate, lips, cheek, and tongue by tapping, stroking, and applying gentle pressure.

ARK's Probe was specifically designed with safety in mind. The handle is made out of a hard, medical grade plastic. Then the same soft, medical grade material as the Grabber® is molded through and around a loop in at the end of 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, gum massage, and sensory stimulation whether you're at home, in therapy, or anywhere in between.

-  **Made in the USA** out of medical grade quality, FDA compliant materials
- NO lead, phthalates, PVC, BPA, or latex
- Recommended for ages approximately 2.5 years and up (depending on the mouth size). For children under 2.5 years, check out ARK's proMini.
- Dishwasher-safe

### **SUGGESTED USERS**

- For individuals with oral sensitivities or aversions, start with the smooth sides, as they provide the least input. Then progress to the striated side, and eventually the bumpy side.
- Dip the Probe in foods to use it as a "dipper spoon" in feeding therapy. This is an excellent tactic for beginning spoon-users. It also helps introduce texture to puréed foods and eases the transition from puréed to textured foods.

- 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. Use the Probe to provide targeted tactile cues within the oral cavity to teach tongue elevation, 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. Follow up by prompting the individual to say the tongue tip sounds /t/d/n/l/.
- Or use it to stroke the sides of the tongue to encourage lateralization (moving from side to side, a critical skill for manipulating food).
- Or use it to provide incremental tactile cues around the lips to practice removing leftover food from the lips.
- See the video in the description tab to watch Debbie demonstrating these last two tongue movement exercises with one of her therapy kiddos.

## **REVIEWS**

### 1. ARK's Probe

I purchased these items for a Speech Pathologist in my district. I believe she has used them before and really likes them.

***Kathy***

### 2. Oral motor

I been using these probes in therapy for over 5 years now to desensitize kids with oral hypersensitivity/defensiveness. They work well to improve their eating and texture tolerance, and parents love that they can just throw them in the dishwasher to clean them. Keeps me coming back!

***Natalie***

### 3. A staple for my oral motor bag

Perfect for oral motor exercises, especially where oral sensitivities are an issue. Big plus that they're dishwasher safe AND made in the USA.

***Kate***

### 4. Perfect for all ages!

I bought this product 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.

***Sara***

5. Great all around

We purchased these for our son - who has been biting us and furniture and he really likes it. They are convenient and not odd looking, very easy for him to bite a few times and then put away. We prefer these over the tubes and other items sold.

***cathy***