



Motor Speech Treatments

The following interventions are behavioral treatments for motor speech disorders with the primary goal to **maximize communication**. This list is not exhaustive, or inclusive of other evidence-based treatment categories for motor speech (ex: medical, prosthetic management). Overall, specific research is low to recommend specific durations or protocols based on type of patient or impairment. General trends with current research encourage integration of principles of motor learning, and have good support for using Articulatory-Kinematic and Rate-Rhythm approaches.

See further details about References, research summary, and treatment candidacy within the Activity Studio. While this list is not all-inclusive, there are efforts made to include treatments that are current and can be integrated with personally-relevant goals.

Dysarthria

Be Clear for Dysarthria

- Nonprogressive dysarthria
- Improved intelligibility and ability to use a decreased rate

Park, S., Theodoros, D., Finch, E., & Cardell, E. (2016). Be clear: A new intensive speech treatment for adults with nonprogressive dysarthria. *American Journal of Speech-Language Pathology*, 1, 97-110.

Contrastive Stress Tasks

- Acquired apraxia or dysarthria
- Improved naturalness, prosody, rate / rhythm

Duffy, J. (2021). *Motor Speech Disorders*, 4th ed. Elsevier, Inc.

Communication Supports / Strategies

- Apraxia, dysarthria, fluent or nonfluent aphasia, brain injury, dementia, progressive communication disorders
- Improves ability and efficiency to participate in valued life situations

Simmons-Mackie, N., King, J., & Beukelman, D. (2013). *Supporting Communication for Adults with Acute and Chronic Aphasia*. Brookes Publishing Co: Baltimore, MD.

High-Tech AAC Supports

- Apraxia, dysarthria, aphasia, brain injury, dementia, progressive communication disorders
- Improves ability and efficiency to participate in valued life situations

ASHA Practice Portal. Dysarthria treatment. Retrieved from

https://www.asha.org/practice-portal/clinical-topics/dysarthria-in-adults/#collapse_6

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Dysarthria

Intelligibility Drills (Realistic communication practice!)

- For dysarthria
- The listener does not know what the speaker is trying to say
- Improves intelligibility strategies and overall communication strategies

Duffy, J. (2021). *Motor Speech Disorders*, 4th ed. Elsevier, Inc.

Loudness Treatments

- Examples of programs including [Lee Silverman Voice Treatment](#) and [Speak OUT!](#)
- Focuses on impairment-level tasks in order to improve volume.

Duffy, J. (2021). *Motor Speech Disorders*, 4th ed. Elsevier, Inc.

Minimal Pairs

- For those with dysarthria
- Improved control of sounds and development of compensatory movements to improve clearness

Duffy, J. (2021). *Motor Speech Disorders*, 4th ed. Elsevier, Inc.

ReaDy Speech

- Acute and chronic dysarthria
- Impairment and activity goals

Mitchell, C., Bowen, A., Tyson, S., & Conroy, P. (2016). If we build it, will they use it? Phase 1 observational evaluation of ReaDySpeech, an online therapy. *Cogent Medicine*, 3(1).

<https://www.tandfonline.com/doi/pdf/10.1080/2331205X.2016.1257410>

Respiratory Muscle Strength Training

- Dysarthria due to TBI, Parkinson's Disease, or MS
- Improved maximum phonation time, intelligibility, rate, and communication effectiveness

Duffy, J. (2021). *Motor Speech Disorders*, 4th ed. Elsevier, Inc.

Rhythmic Speech Cueing

- Nonprogressive or neurodegenerative dysarthria
- Improved intelligibility, accuracy, and fluency of speech

Mainka, S., & Mallien, G. (2014). "Rhythmic Speech Cueing", 150-160. Retrieved online: <http://global.oup.com/booksites/content/9780199695461/13-Thaut-Chap13.pdf>

Apraxia

Contrastive Stress Tasks

- Acquired apraxia or dysarthria
- Improved naturalness, prosody, rate / rhythm

Duffy, J. (2021). *Motor Speech Disorders*, 4th ed. Elsevier, Inc.

Communication Supports / Strategies

- Apraxia, dysarthria, fluent or nonfluent aphasia, brain injury, dementia, progressive communication disorders
- Improves ability and efficiency to participate in valued life situations

Simmons-Mackie, N., King, J., & Beukelman, D. (2013). *Supporting Communication for Adults with Acute and Chronic Aphasia*. Brookes Publishing Co: Baltimore, MD.

High-Tech AAC Supports

- Dysarthria, apraxia, aphasia, brain injury, dementia, progressive communication disorders
- Improves ability and efficiency to participate in valued life situations

ASHA Practice Portal. Aphasia treatment. Retrieved from

<https://www.asha.org/practice-portal/clinical-topics/acquired-apraxia-of-speech/>

Motor Learning Guided Treatment

- Acquired apraxia, moderate to severe
- Improved production and retention of trained phrases

Johnson, R. K., Lasker, J. P., Stierwalt, J. A. G., MacPherson, M. K., & LaPointe, L. L. (2018). Motor learning guided treatment for acquired apraxia of speech: A case study investigating factors that influence treatment outcomes. *Speech, Language and Hearing, 21*(4), 213-223.

Sound Production Treatment

- Acquired apraxia of speech; severe
- Targets improved accuracy of production

Bailey, D., Eatchel, K., & Wambaugh, J.L. (2015). Sound Production Treatment: Synthesis and quantification of outcomes. *American Journal of Speech-Language Pathology, 24*, S798-S814.

8-Step Continuum / Integral Stimulation

- Acquired apraxia of speech; severe
- Targets improved accuracy of production

Duffy, J. (2021). *Motor Speech Disorders*, 4th ed. Elsevier Inc.

Apraxia

Response Elaboration Training

- Fluent and nonfluent aphasia, and acquired apraxia
- Improves production and # of content words

Bunker, L., Nessler, C., & Wambaugh, J. (2018). Effect size benchmarks for response elaboration training: a meta-analysis. *American Journal of Speech-Language Pathology*, 28(1S), 247-258.

Script Training

- Fluent and nonfluent aphasia, acquired apraxia, and progressive aphasia
- Improves accuracy, production, speed of trained scripts

Youmans, G., Holland, A., Muñoz, M., & Bourgeois, M. (2005). Script training and automaticity in two individuals with aphasia. *Aphasiology*, 19, 435–450.

Voluntary Control of Involuntary Utterances

- Developed for severe nonfluent aphasia; anecdotal support for severe apraxia with aphasia
- Improves production of utterances

Duffy, J. (2021). *Motor Speech Disorders, 4th ed.* Elsevier Inc.

Please also consider:

Combined Aphasia & Apraxia of Speech Treatment

- Those with chronic aphasia and AOS
- Improvements in speech production

Phonomotor Therapy

- Aphasia, apraxia, or both

Improved sound production or naming or oral reading