

Tongue Pressure Training Device

PECOPANDA

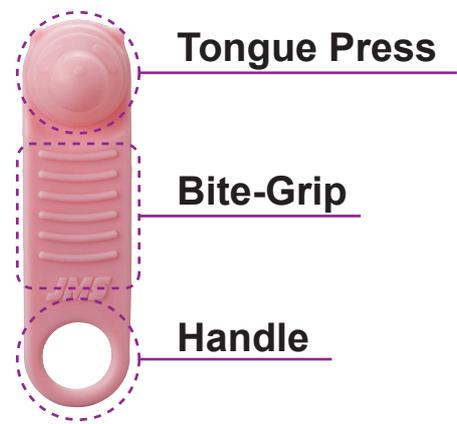
Training Manual

What is "PECOPANDA"?

Self-training device developed to strengthen tongue power (tongue pressure)

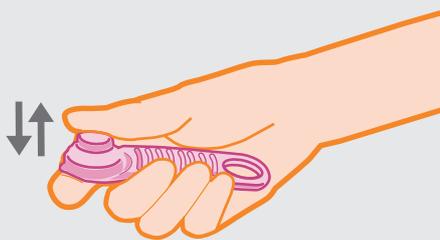
Tongue has various functions such as receiving food in mouth and moving food into the back of throat. Those functions need tongue pressure.

Device Descriptions



How to use

- 1 Press the Tongue Press 2-3 times with your hand before use.

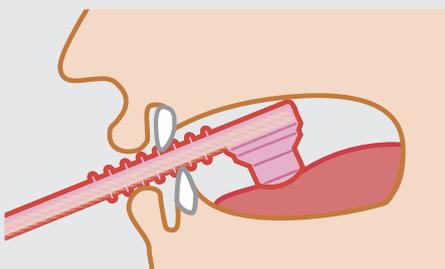


*Please use it with clean hands.

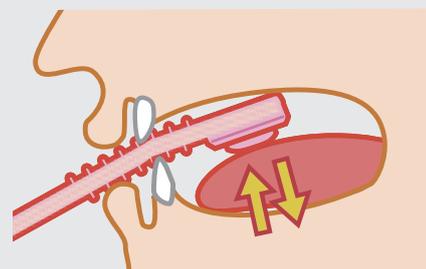
- 2 Hold as the drawing position.



- 3 Set the Tongue Press on your tongue and hold the Bite-Grip with your teeth to fix it.



- 4 Press the Tongue Press repeatedly with your tongue.



Training Plan

Recommended: 3 times/day, more than 3 days/week

Please choose the following device hardness.

● For increasing tongue muscle strength

Device hardness Manage to press	Steadily press 5 times × 3 × 3 sets/day	
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● For building up tongue muscle endurance

Device of hardness Easily press	Slowly press 10 times × 3 × 3 sets/day	
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* Take a short break between sets.

How to check for correct pressing with a helper

- When you press the Tongue Press correctly, a helper will feel click feeling throughout PECOPANDA.
- To check for pressing, please hold the Bite-Grip or the Handle and check for click feeling.



Recommended hardness of device

	Blue SS	For people with severe tongue weakness
Start from here	Pink S	Initially, get accustomed to tongue training
	Violet MS	Train to increase muscles
Target	Green M	Keep practicing until you can easily press the device
	Orange MH	Train for continued strengthening
Maintenance	Yellow H	Maintain the current tongue muscle

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