Swallowing Exercises

Practice checked exercises:

- 10 - 20 repetitions
- 1 - 2 times a day

___ Jaw Stretch
- Open your mouth wide
- Hold open for 5 - 10 seconds
- Close your mouth

___ Tongue Protrusion
- Push tongue depressor with tongue
- Hold for 3 seconds

___ Tongue Press
- Press entire tongue to roof of mouth
- Hold for 3 seconds

___ Effortful Swallow
- Swallow as hard as you can
  - Pretend you are swallowing a big pill
- Moisten mouth as needed with water

Pretend you are swallowing a big pill

Moisten mouth as needed with water
Masako Swallow

- **Stick** your tongue out
- **Hold** it with your lips / teeth
- **Swallow** while holding tongue

High Pitch "ee"

- Say “ee”
- **Raise** your pitch
- **Hold** high pitch for 5 seconds

Isometric Breath Hold

- Make a sound like "hiking" a football
- **Hold** your breath tightly

Mendelsohn

- **Swallow**
- **Hold** Adam’s apple up for **several** seconds
- **Complete** the swallow
**Shaker Exercise**

**Part 1**
- **Lie** down on your **back**
  - Do not use a pillow
  - Keep shoulders flat
- Lift head
- Put chin to chest
- Hold for 60 seconds
- Rest for 60 seconds
- Repeat 3 times

**Part 2**
- **Lie** down on your **back**
  - Keep shoulders flat
- Lift head
- Put chin to chest
- Immediately lower head
- Repeat 30 times