

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

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**