

Pharyngeal Swallow Exercises (Complete 3 times/day)

1. Masako-Stick your tongue out and swallow while holding your tongue between teeth. 10 times
2. Mendelsohn-Swallow and hold your Adam's apple up for 2-3 seconds by holding your breath and squeezing your throat. 10 times
3. Effortful swallow 10 times
 - a. hold you breath tightly
 - b. swallow squeezing your throat and pushing your tongue to the roof of our mouth
 - c. exhale forcefully

Shaker Exercises

1. Lay on your back and raise your chin towards the ceiling. 10 times. Don't raise your shoulders.
2. Lay on your back and raise your chin toward the ceiling for 15 seconds. 3 times.

Tongue Hold Manuver

Stick tongue out slightly

Bite down and swallow

Repeat 10x *3/day*

Tongue Exercises

For strengthening

1. Hold tongue blade lengthwise, across your lips. Push the stick away with the tip of your tongue.

Repeat 10x . *3/day*

2. Place the stick on top of the tongue. (about the middle). Push upwards.

Repeat 10x . *3/day*

3. Place the stick along side the right side of the tongue. Now push the stick away with the length of the tongue. *Inside of teeth*

Repeat 10x . *3/day*

Now do the same exercise with the left side.

Repeat 10x . *3/day*

Notes are based on a patients plan. Be sure to connect with a therapist prior to starting any exercises for safety.

Tongue Exercises for Range of Motion

1. Trace your upper teeth with your tongue from the right back molar to the left back molar. Do this on the bottom arch→right to left. Repeat 10x .
2. Stick your tongue out, pull back in and repeat 10x.
3. Move your tongue from one corner of the mouth to the other----repeat 10x.
4. Stick your tongue out and lift it up to touch your nose, then down as far as you can past your lower lip...repeat 10x.
5. Trace your lips with your tongue...repeat 10x
6. Rapid alternating movements
Tongue positions and repeat rapidly
e.g. side to side, ta,ta,ta,ta, ka,ka,ka
la,la,la

