

SWALLOW EXERCISES

Goal: Perform exercises _____ out of 7 days during the week.

- **Lingual Strengthening** (to improve tongue strength): Using a tongue depressor or a stainless spoon (back of spoon), stick your tongue out and push against depressor/spoon. While your tongue is pushing against the depressor/spoon, make sure you push the depressor/spoon against your tongue – creating resistance. Push for a total of _____ seconds. Complete at least **3** times for a total of at least **30** lingual strengthening exercises.

◇ Set 1 _____ Set 2 _____ Set 3 _____

◇ Set 4 _____ Set 5 _____ Set 6 _____



Lingual Strengthening

- **Lingual and Jaw Range of Motion** (to maintain tongue and jaw movement):

1. **Tongue Protrusion:** Stick your tongue out as far as you can
2. **Tongue Lateralization:** Move your tongue to the R-side of your mouth as far as you can until you feel a good stretch and then turn to the L-side (and do the same)
3. **Jaw Opening:** Open your mouth as far as you can and hold this position for **5** seconds. Try to complete **10** repetitions of each movement in one sitting. The goal is to attempt **3** times a day for a total of **30** lingual and jaw range of motion exercises.

◇ Tongue protrusion Set 1 _____ Set 2 _____ Set 3 _____

◇ Tongue lateralization Set 1 _____ Set 2 _____ Set 3 _____

◇ Jaw opening Set 1 _____ Set 2 _____ Set 3 _____



Ling. & Jaw Range of Motion

- **Effortful/Hard Swallow** (pharyngeal strengthening): Swallow as hard as you can. Squeeze your tongue and throat muscles as hard as you can as you swallow. You can pretend there is a large vitamin pill stuck in your throat and you want to get it down. Try to complete at least **10** effortful swallows in one sitting. The goal is to attempt **3** times a day for a total of **30** effortful swallows. Please note: You can also complete effortful swallows throughout the day while you eat/drink.

◇ Set 1 _____ Set 2 _____ Set 3 _____



Effortful/Hard Swallow

- **Masako Maneuver/Tongue Hold** (to improve base of tongue retraction and overall pharyngeal strengthening): Stick out about **1cm** of your tongue. Then, gently bite down on your tongue and in this position, swallow. If you have difficulty with swallowing, then move your tongue back (i.e., stick out about $\frac{1}{2}$ cm or less of your tongue). With your tongue gently in between teeth, swallow. Complete at least **10** times in one sitting. Goal is to attempt **3** times a day for a total of at least **30** Masako maneuvers.

◇ Set 1 _____ Set 2 _____ Set 3 _____



Masako Maneuver

Scan the QR code for instructional videos.

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SWALLOW EXERCISES

- ▶ **Mendelsohn Maneuver** (to improve hyolaryngeal excursion): Perform a dry swallow while you have your fingers on your adam's apple. You should have felt the up/down movement of your adam's apple. Now, as you swallow try to hold the adam's apple in place (at its highest upward movement) using your throat muscles for three to five seconds before releasing and having your adam's apple come back down to complete the swallow. Complete at least **10** times in one sitting. Goal is to attempt **3** times a day for a total of at least **30** Mendelsohn maneuvers (and holding in the most upward position for at least ____ seconds).

◇ Set 1 _____ Set 2 _____ Set 3 _____



Mendelsohn Maneuver

- ▶ **Effortful Pitch Glide** (to improve hyolaryngeal excursion): Take a deep breath and say a hard "eeee" (i.e., saying "eee" while bearing down) gliding from your lowest to highest pitch. Hold your highest pitch for roughly **3** seconds. Complete at least 5 times in one sitting. Goal is to attempt **3** times a day for a total of **15** effortful pitch glides.

◇ Set 1 _____ Set 2 _____ Set 3 _____



Effortful Pitch Glide

- ▶ **Respiratory-Swallow Coordination Practice** (for improved overall airway protection during the swallow): have the pt use this pattern when swallowing: EXHALE – SWALLOW – EXHALE. Have the pt complete this at least **5** times in one sitting. Goal is to attempt **3** times a day for a total of **15** repetitions.

◇ Set 1 _____ Set 2 _____ Set 3 _____

- ▶ **Chin Tuck Against Resistance** (for to improve strength [suprahyoid muscles] for swallowing):

◇ **Part 1: Sustained CTAR (Isometric)**

1. Sit / stand upright and pull your shoulders back. Maintain this posture during the exercise.
2. Hold the ball under your chin with your hand and keep it in position during the exercise.
3. Sustain chin tuck against the ball for as hard as possible; for the duration of _____ sec.
4. Repeat _____ sets as recommended by your speech therapist / pathologist.
5. Rest for **1** minute in between each set of the exercise.

◇ **Part 2: Repetitive CTAR (Isokinetic)**

1. Sit / stand upright and pull your shoulders back. Maintain this posture during the exercise.
2. Hold the ball under your chin with your hand and keep it in position during the exercise.
3. Tuck your chin in, as hard as possible against the ball; then lift your chin.
4. Repeat the above steps for _____ times and _____ sets as recommended by your speech therapist /pathologist.
5. Rest for **1** minute in between each set of the exercise.

Consider **expiratory muscle training** for improved swallowing and cough strength; I don't think the patient is ready for using an EMST, but this device begins at a much lower threshold (which I am hoping he can use). With this device, you can incorporate a modified EMST protocol of 5 repetitions; 10-15 second break between repetitions (5 sets, 2 minute breaks in between each set) a total of 25 repetitions altogether; 5 times a week. <https://www.philips.com.au/healthcare/product/HCHS735010/treshold-positive-expiratory-pressure-device>

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SWALLOW STRATEGIES TO REDUCE ASPIRATION RISK

*****Remember to always practice good oral care/hygiene prior to all meals or trials of liquids/food*****

- _____ **Take small sips / bites at a time**
- _____ **Multiple swallows:** Take an additional _____ swallows after each bite/sip
- _____ **Alternate solids with liquids:** (i.e., after taking a bite of solid foods, take a sip of liquids)
- _____ **Controlled single sip and swallow:** Use a controlled sip strategy when taking liquids (i.e., take a small, single sip, hold material in mouth for **2-3** seconds, and thereafter initiate swallow)
- _____ **Chin tuck:** Use a chin tuck strategy when taking *liquids/solids* (i.e., take a small sip/bite, hold material in mouth, bring chin down to chest, and thereafter initiate swallow; keep chin down to chest until you have finished swallowing; if you need to swallow again, make sure you chin is down to your chest).
- _____ **Left/right head turn:** Take a small bite/sip and hold material in your mouth. Thereafter, turn your head all the way to the _____ (be sure to not move your shoulders) and swallow in this position. Be sure to keep your head turned left until you have completed all your swallows.
- _____ **Left/right turn with chin tuck:** Take a small bite/sip and hold material in your mouth. Thereafter turn your head all the way to the _____ and bring your chin down to your chest. Once your head is turned _____ with chin down to chest, swallow in this position. Be sure to keep your head turned _____ with your chin down until you have completed all your swallows.
- _____ **Exhale-swallow-exhale:** Try to time your swallow to maximize swallow performance by taking a deep breath and thereafter exhaling then swallow then continue exhaling. (i.e., Inhale. Start exhaling. Swallow. Continue exhaling.
- _____ **Swallow and cough:** Initiate a strong cough after taking _____
- _____ **Sit and stay upright during meals and at least 1-1.5 hours thereafter**
- _____ Other: _____