

Do these exercises ____ time(s) per day. Repeat ____ time(s) each.

Throat Exercises

- Effortful Swallow:** Press the body of your tongue against the roof of your mouth. Hold it there while you tense your neck muscles and swallow hard.
- Mendlesohn:** Swallow hard. When you feel your Adam's apple in an up position, hold your breath and tense your throat muscles, keeping your Adam's apple up for 2-3 seconds.
- Valsalva:** Say "hut" firmly, then swallow right after.
- Supraglottic Swallow:** Hold your breath. Swallow hard then cough right after.
- Super-Supraglottic Swallow:** Hold your breath while bearing down. Swallow hard then cough right after.
- Pitch Glides:** Sing "ee" starting at the lowest note and slowly slide up the scale to your highest note. Hold for 10-20 seconds.
- Shaker (Part 1):** Lie on your back without a pillow. Lift your head up and look at your toes. Hold for 30 seconds, then rest for 30 seconds. Repeat 3 times.
- Shaker (Part 2):** Lie on your back without a pillow. Lift your head up and look at your toes. Quickly relax your head. Repeat 30 times.
- Modified Shaker:** Sit upright in a chair. Put the palm of your hand against your forehead. Press against your forehead while also trying to move your head forward. Hold for 3-5 seconds.
- Right/Left Head Turn:** Turn your head to the right and then swallow hard. Turn your head to the left and then swallow hard.
- Towel Tuck:** Place a rolled hand towel between your neck and chest. Tuck your chin and hold the towel in place without using your hands. Swallow hard.

Tongue Exercises

- Masako:** Gently hold the tip of your tongue between your front teeth. Swallow hard.
- Open-Mouth Swallows:** Swallow hard while keeping your mouth open.
- Tongue Protrusion:** Stick your tongue out of your mouth as far as you can without touching your lips. Hold it for 3-5 seconds.
- Tongue Retraction:** Pull the base of your tongue back in your throat so it touches your throat wall (as if about to make a "kuh" sound). Hold for 3-5 seconds.
- Tongue Retraction/Protrusion:** Combine the two exercises above. Hold each for 2-3 seconds.
- Tongue Lateralization:** Push your tongue hard against the inside of your cheek so it sticks out. Use your index finger to push against your tongue through your cheek for 3-5 seconds. Repeat on the other side.
- Tongue Press:** Push your tongue against the roof of your mouth as hard as you can for 3-5 seconds.
- Tongue Sweep:** Put your tongue tip behind your upper teeth. Slowly but firmly move your tongue tip back across the roof of your mouth.
- Tongue Circles:** Press your tongue firmly against the inside of your lips. Make a circle slowly to the right then slowly to the left.
- Gargle:** Pull your tongue back in your throat and make a gargle sound. Hold for 2-3 seconds.
- Yawn:** Open your mouth wide, inhale, and pretend to yawn.
- Teeth Counting:** Use the tip of your tongue to slowly touch and count each one of your teeth.

Helpful Speech Strategies

- Make eye contact when speaking.
- Speak slowly and clearly.
- Exaggerate the movement of your face, mouth, and tongue.
- Increase the volume of your voice without yelling.

Questions?
Please call your speech therapist:
