

Dysphagia Exercise

Exercise	Purpose	Directions
Effortful Swallow	<ul style="list-style-type: none"> ● Increase oral and laryngeal pressure ● Reduce residue ● Reduce laryngeal penetration 	<ol style="list-style-type: none"> 1. Sit up straight 2. Gather saliva in your mouth or take a sip of water. 3. Swallow while squeezing your throat as hard as you can (pretend you're swallowing a whole grape). 4. Relax and repeat.
Mendelsohn Maneuver	<ul style="list-style-type: none"> ● Lift larynx and open esophagus ● Reduce residue ● Reduce laryngeal penetration ● Reduce regurgitation 	<ol style="list-style-type: none"> 1. Place your fingers gently on your throat. Swallow your saliva and feel your Adam's apple move up and down 2. Swallow your saliva again, but halfway through the swallow, hold your Adam's apple up using the muscles under your chin 3. Hold it for 3 seconds. 4. Relax and repeat.
Head Lift (Shaker)	<ul style="list-style-type: none"> ● Open UES ● Reduce residue ● Reduce laryngeal penetration ● Reduce regurgitation 	<ol style="list-style-type: none"> 1. Lay flat on your back. Don't use a pillow. 2. Raise your head to look at your toes. 3. For the first exercise, hold for up to 60 seconds then relax down for 60 seconds. 4. Repeat 3 times. 5. For the second exercise, hold up for 3 seconds and relax for 3 seconds. 6. Repeat up to 30 times.
Chin Tuck Against Resistance	<ul style="list-style-type: none"> ● Reduce residue ● Reduce laryngeal penetration ● Reduce regurgitation 	<ol style="list-style-type: none"> 1. Sit up straight. 2. Place a rolled-up hand towel lightly under your chin and against your neck. 3. Push your chin down into the towel and hold for 60 seconds. 4. Repeat 3 times. 5. Next, push your chin down hard into the towel and hold for 3 seconds 6. Relax briefly. Repeat the 3-second hold. 7. Repeat up to 30 times.
Jaw Opening Exercise	<ul style="list-style-type: none"> ● Lift hyoid ● Reduce residue 	<ol style="list-style-type: none"> 1. Sit up straight 2. Place a rolled-up hand towel lightly under your chin and against your neck 3. Push your chin down into the towel and hold for 60 seconds. Repeat 3 times 4. Next, push your chin down hard into the towel and hold for 3 seconds 5. Relax. Repeat the 3-second hold up to 30 times.

Straw Suck	<ul style="list-style-type: none"> • Lingual strength • Laryngeal strength 	<ol style="list-style-type: none"> 1. Place a straw into a thickened liquid. 2. Place your lips around the straw and suck continuously for 3 seconds or until the liquid reaches your mouth. 3. Swallow HARD. 4. Relax and repeat.
Labial Exercise	<ul style="list-style-type: none"> • Labial strength 	<ol style="list-style-type: none"> 1. Place an oral screen or tongue depressor in your mouth. Press your lips together hard. 2. Your therapist will then pull on the device. Hold it using only your lips. 3. Relax and repeat.
Tongue Press Up	<ul style="list-style-type: none"> • Lingual coordination 	<ol style="list-style-type: none"> 1. Lift your tongue up. Press your whole tongue hard against the roof of your mouth. 2. Hold. 3. Relax and repeat.
Tongue Pull Back	<ul style="list-style-type: none"> • Lingual range of motion 	<ol style="list-style-type: none"> 1. Stick your tongue out. Your speech therapist will hold your tongue using clean, gloved fingers. 2. Pull your tongue to the back of your throat. Your therapist will gently provide resistance. 3. Hold. 4. Relax and repeat.