

Pharyngeal Conditioning Swallow Exercises

1. Head Turn

Turn your head slowly from shoulder to shoulder, turning as far as possible without causing pain.

Do _____ repetitions, _____ times a day.

2. Mendelsohn Maneuver

Swallow your saliva, but stop mid swallow. Keep your Adam's apple in the high position for 1-2 seconds. Release and complete the swallow.

Do _____ repetitions, _____ times a day.

* To get saliva to swallow, move your mouth in a chewing motion.

3. Falsetto

Say "ah" – start at the lowest note (sound) you can make and slide up the scale to the highest note you can reach.

Do _____ repetitions, _____ times a day.

4. Gargle

Pretend to gargle – hold _____ seconds.

Do _____ repetitions, _____ times a day.

5. Yawn

Pretend to yawn – hold _____ seconds.

Do _____ repetitions, _____ times a day.

6. Tongue Pull

Pull your tongue to the back of your mouth – hold _____ seconds.

Do _____ repetitions, _____ times a day.

7. Hard Swallow

Practice a hard swallow.

Do _____ repetitions, _____ times a day.

8. Masako Maneuver

Stick out your tongue and rest your tongue tip on your lips while you swallow hard.

Do _____ repetitions, _____ times a day.

9. Jaw Opening Exercise

Hold jaw open as wide as possible to 10 seconds, then rest for 10 seconds.

Do _____ repetitions, _____ times a day.

* Warning – if you have a history of mandibular joint (TMJ) dysfunction do NOT complete this exercise.