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.