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.