

Laryngeal/Pharyngeal Strengthening Exercises

Complete ____ repetitions of each exercise ____ times a day.

- ☐ Effortful Swallow- Swallow some saliva or very small sip of water. When you swallow, squeeze muscles tightly and swallow hard. Think about how you would have to swallow to swallow something large, like a golf ball.
- ☐ Mendelson Maneuver- Swallow some saliva. When you swallow, hold onto your Adam's apple. When your Adam's apple raises during the swallow, hold it in the upward position for 2-4 seconds, then release.
- ☐ Supraglottic Swallow- Hold your breath, then swallow hard. Immediately after swallowing, cough.
- ☐ Super Supraglottic Swallow- Hold your breath and bear down, then swallow hard. Immediately after swallowing, cough.
- ☐ Pitch Glides- Sing "ooo" starting at your lowest pitch, then glide up to your highest pitch, then back down to lowest pitch.
- ☐ Shaker- Lay on your back without a pillow. Lift up your head and look down at your feet for 30 seconds, or as long as you can hold it, then rest. Rest for 30 seconds, then repeat 3 times.
- ☐ Chin Tuck Against Resistance- Find an item that can fit under your chin and sit up against your chest (ball, rolled up towel, or flat if needed). Press your chin down into the object or flat and hold for 30 seconds. Rest for 30 seconds, then repeat 3x.
- ☐ Marako- Stick the tip of your tongue between your front teeth, and swallow saliva with your tongue in that position.

If you have any questions, you may reach your speech language pathologist, _____, at _____.

Pharyngeal Strengthening Exercises

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