Top Swallowing Exercises

**Pitch Exercises:** for improved laryngeal; X10-20 reps

- Glides: “e” up the scale
- Ladders: low “e,” high “e,” low “e”
- Singing up the scale doe, ray, me, fah, so, lah, tee, doe

**Hard Articulation:** for improved vocal cord closure; X10-20 reps

- Gripping down in a chair or with hands say “ah” with increased effort.

**Masako:** for improved base of tongue retractions; X5-20 reps

- Stick out your tongue and hold it between your lips or teeth and try to swallow. Feel the stretch in the back of the tongue.

**Dry Gargle:** for improved base of tongue and pharyngeal wall strength; X10-20 reps

- Pull your tongue back during a gargle and hold 3-4 seconds. Pretend like you are gargling with mouthwash.

**Hard Swallow:** for improved throat strength; X5-20

- Squeeze all the swallowing muscles hard when you swallow. Pretend like you are swallowing a piece of meat (or golf ball).

**Dry Gargle:** for improved base of tongue and pharyngeal wall strength; X10-20 reps

- Pull your tongue back during a gargle and hold 3-4 seconds. Pretend like you are gargling with mouthwash.

**Hard Swallow:** for improved throat strength; X5-20

- Squeeze all the swallowing muscles hard when you swallow. Pretend like you are swallowing a piece of meat (or golf ball).

**Challenge:** if you run out of saliva, suck your cheeks or suck on hard candy to get your saliva going.

**Hard Speech Production:** for improved oral movement; X5-10 slow

- Base of tongue: /k, g/-kick, cake, cook, gawk, gag, gig
- Tongue tip: /t, d, l, n/-tot, dad, nun, lad, lot, dot, note
- Lips: /p, b, m/-mom, pop, bob, mop, beep, pam

**Tongue Out and In:** for tongue strength and ROM; X10-20 reps

- Push your tongue out and forward as far as possible and bring back in grazing the roof of your mouth.

**Challenge:** push against a tongue depressor or spoon.

PATIENT NAME ________________________________

Therapist Name _______________________________ Date ___________________