Speech and Swallowing Exercises

Do these exercises ____ time(s) per day. Repeat ____ time(s) each.

Throat Exercises

☐ Effortful Swallow: Press the body of your tongue against the roof of your mouth. Hold it there while you tense your neck muscles and swallow hard.

☐ Mendlesohn: Swallow hard. When you feel your Adam’s apple in an up position, hold your breath and tense your throat muscles, keeping your Adam’s apple up for 2-3 seconds.

☐ Valsalva: Say “hut” firmly, then swallow right after.

☐ Supraglottic Swallow: Hold your breath. Swallow hard then cough right after.

☐ Super-Supraglottic Swallow: Hold your breath while bearing down. Swallow hard then cough right after.

☐ Pitch Glides: Sing “ee” starting at the lowest note and slowly slide up the scale to your highest note. Hold for 10-20 seconds.

☐ Shaker (Part 1): Lie on your back without a pillow. Lift your head up and look at your toes. Hold for 30 seconds, then rest for 30 seconds. Repeat 3 times.

☐ Shaker (Part 2): Lie on your back without a pillow. Lift your head up and look at your toes. Quickly relax your head. Repeat 30 times.

☐ Modified Shaker: Sit upright in a chair. Put the palm of your hand against your forehead. Press against your forehead while also trying to move your head forward. Hold for 3-5 seconds.

☐ Right/Left Head Turn: Turn your head to the right and then swallow hard. Turn your head to the left and then swallow hard.

☐ Towel Tuck: Place a rolled hand towel between your neck and chest. Tuck your chin and hold the towel in place without using your hands. Swallow hard.

Tongue Exercises

☐ Masako: Gently hold the tip of your tongue between your front teeth. Swallow hard.

☐ Open-Mouth Swallows: Swallow hard while keeping your mouth open.

☐ Tongue Protrusion: Stick your tongue out of your mouth as far as you can without touching your lips. Hold it for 3-5 seconds.

☐ Tongue Retraction: Pull the base of your tongue back in your throat so it touches your throat wall (as if about to make a “kub” sound). Hold for 3-5 seconds.

☐ Tongue Retraction/Protrusion: Combine the two exercises above. Hold each for 2-3 seconds.

☐ Tongue Lateralization: Push your tongue hard against the inside of your cheek so it sticks out. Use your index finger to push against your tongue through your cheek for 3-5 seconds. Repeat on the other side.

☐ Tongue Press: Push your tongue against the roof of your mouth as hard as you can for 3-5 seconds.

☐ Tongue Sweep: Put your tongue tip behind your upper teeth. Slowly but firmly move your tongue tip back across the roof of your mouth.

☐ Tongue Circles: Press your tongue firmly against the inside of your lips. Make a circle slowly to the right then slowly to the left.

☐ Gargle: Pull your tongue back in your throat and make a gargle sound. Hold for 2-3 seconds.

☐ Yawn: Open your mouth wide, inhale, and pretend to yawn.

☐ Teeth Counting: Use the tip of your tongue to slowly touch and count each one of your teeth.

Helpful Speech Strategies

• Make eye contact when speaking.
• Speak slowly and clearly.
• Exaggerate the movement of your face, mouth, and tongue.
• Increase the volume of your voice without yelling.

Questions?
Please call your speech therapist:

For more patient education information: Call 1-888-424-2100 toll free • Email cancerinfo@hci.utah.edu • Visit www.huntsmancancer.org
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