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.
- **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.
- **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.

**Neck Exercises**

- **Neck Stretch**: Extend your chin up towards the ceiling. Extend your lower jaw above your upper jaw (like a bull dog). Hold this posture for 3-5 seconds.

**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 “kuh” sound). Hold for 3-5 seconds.
- **Tongue Laterization**: 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.
- **Anterior Tongue Press**: Push your tongue up behind your teeth, as hard as you can for 3-5 seconds.
- **Posterior 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.
- **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 huntsmancancer.org/factsheets

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