

Clinician Notes

SWALLOWING EXERCISES

Perform all exercises as instructed and demonstrated by your therapist.

Shaker Maneuver

SETS: 3	REPS: 10	DAILY: 1	WEEKLY: 7
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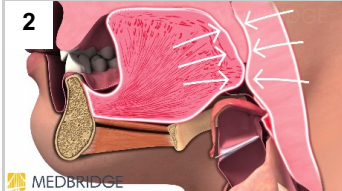
<p>1 Shaker Maneuver - Hold</p> 	<p>2 Shaker Maneuver - Repetition</p> 	<p>3</p>
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Directions

1. Lift your head, tucking your chin to your chest to look at your toes, while keeping your shoulders flat on the surface.
2. Hold briefly, then lower your head, and repeat for 30 repetitions.
3. Rest for at least one minute and repeat the 30 head raises for a total of 3 times.
4. Perform part 1 and part 2 three times a day.

Effortful Swallow

SETS: 3	REPS: 10	DAILY: 1	WEEKLY: 7
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<p>1</p> 	<p>2</p> 
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Directions

1. Swallow normally, but tightly squeeze your tongue and throat muscles throughout the swallow.
2. Try to swallow with as much effort as you can.
3. Repeat as instructed by your therapist.

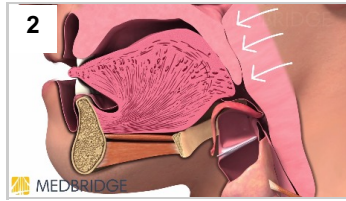
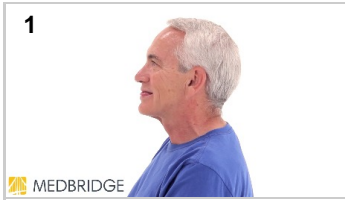
Masako Maneuver

SETS: 3

REPS: 10

DAILY: 1

WEEKLY: 7



Directions

1. Place your tongue between your teeth and gently bite down to hold your tongue in place.
2. Swallow your saliva without releasing your tongue.
3. Repeat as instructed by your therapist.

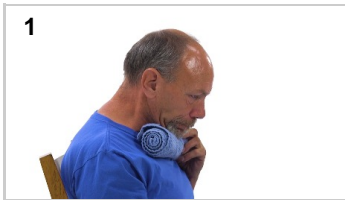
Chin Tuck Against Resistance with Towel

SETS: 3

REPS: 10

DAILY: 1

WEEKLY: 7



Movement

Place the ball or rolled towel under your chin. Squeeze the ball/towel by tucking your chin toward your chest as hard as you can. Hold briefly, then relax and repeat.

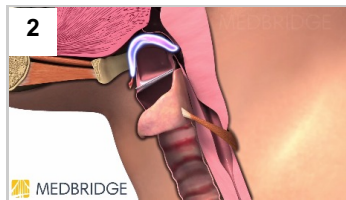
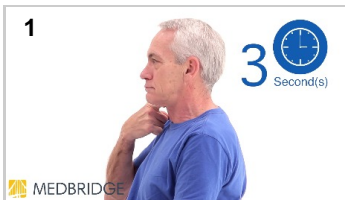
Mendelsohn Maneuver

SETS: 3

REPS: 10

DAILY: 1

WEEKLY: 7



Movement

Place your finger on your larynx. Swallow normally, and feel your larynx rise up during the swallow. On your next swallow, feel your larynx rise up and hold it at its highest point for 3 seconds. Release and repeat as instructed by your therapist. Keep your larynx in a raised position by squeezing the muscles of your throat and tongue.