

Effortful Swallow

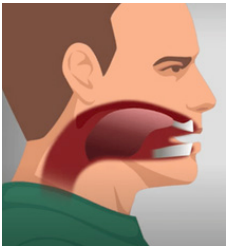
This exercise can be completed during meals, with tiny chips of ice, or small sips of water.

Position: Seated upright in a chair

Repetitions: 10x

Sets: 1x

Frequency: 3x/day



Step 1: Press your tongue firmly against the roof of your mouth.



Step 2: Squeeze the walls of your throat together forcefully and swallow hard.

*Tip: Pretend you are trying to swallow a hard-boiled egg.

Please immediately stop any exercise should you feel new discomfort & notify your speech-language pathologist or doctor.

Video Link:

<https://www.youtube.com/watch?v=d9oF-smEM7g>