

# Masako

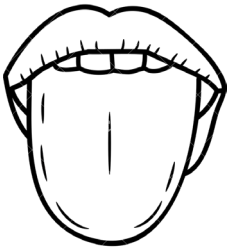
This exercise is to not to be completed with any food or drink. Please feel free to take sips of water or rinse your mouth between repetitions if you are having trouble initiating a swallow.

**Position: Seated upright in a chair**

**Repetitions: 5-10x**

**Sets: 1x**

**Frequency: 3x/day**



**Step 1: Stick your tongue out slightly so the tip of your tongue is pinched between your teeth.**



**Step 2: Swallow while your tongue is in this position.**

**\*Tip: Use a mirror while completing this exercise. You should be able to see your tongue the entire time you are completing this exercise.**

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=rWI04mltT7w>**