

Valsalva

Position: Seated upright in a chair

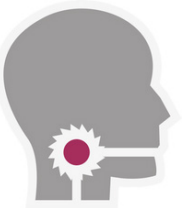
Repetitions: 5-10x

Sets: 1x

Frequency: 3x/day



Step 1: Inhale slowly.



Step 2: Tightly hold your breath and bear down.

**Tip:* When you bear down you should feel you are contracting your abdominal muscles, diaphragm, and holding your breath at once.



Step 3: Hold for 2-3 seconds.



Step 4: Exhale.

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=Qrxo8i4ObPk>