



Patient : \_\_\_\_\_

Therapist: \_\_\_\_\_

Date: \_\_\_\_\_

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Perform Exercise (Y/N)	Exercise Name	Description (Note, an * indicates that a video of the exercise is available on the NFOSD website)	Repetitions	Time (seconds)	Rest Interval
	Effortful Swallow	Collect all the saliva in your mouth onto the center of your tongue. Keep your lips closed and tight together. Pretend you are swallowing a grape whole in one big, hard swallow.		NA	NA
	Isokinetic (dynamic) Shaker	The number of repetitions defined by your clinician is considered a set. You should perform the set twice (resting briefly between each set). You should then rest for two minutes and then repeat this exercise for as many sets as directed by your clinician. Ignore the number of repetitions and sets as directed in the video. *	Reps:  Sets:	NA	120 Seconds
	Isometric (static) Shaker	Video available *			
	Jaw Thrust	Move your lower jaw as far forward as you can. Your lower teeth should be in front of your upper teeth. *  <i>Note, patients with jaw replacement should use extra caution before performing this exercise so as not to stress the jaw bone.</i>			NA
	Lollipop Swallowing	Place a sugarless lollipop in your mouth and lick. Lick three times and then do an effortful swallow with your lips firmly pressed together. Swallow as hard as you can. *			NA
	Masako Maneuver	Stick your tongue out of your mouth between your front teeth and gently bite down to hold it in place. Swallow while keeping your tongue gently between your teeth. You can let go of your tongue between swallows and repeat.*		NA	NA

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	Mendelsohn Maneuver	Place your middle three fingers (index, middle, ring) on your Adam's Apple (the skin in front of your neck beneath your chin). Swallow once to practice. Feel your Adams Apple slide upward as you swallow. Now, swallow again and when your Adam's Apple gets to its highest position in the throat, squeeze your throat muscles and hold it as high as you can for as long as your clinician has directed for this exercise (or as long as you can if you can't hold it for this length of time). *			NA
	Supraglottic Maneuver	Perform this exercise if and only if directed by your clinician. Your clinician should also provide direction as to the position of your head (tucked, right, left, straight). Collect a small amount of saliva in your mouth. Take a deep breath and hold your breath (if the vocal folds are not closed then try to inhale and say ah, turn off your voice and hold your breath). Keep holding your breath while you swallow. Immediately after you swallow, cough. Practice with saliva prior to food or liquid. *		NA	NA
	Tongue Exercise (Part A)	Stick your tongue out as far as possible. Hold it steady in that position for the length of time directed by your clinician. Try to stick your tongue out slightly farther after each attempt.			NA
	Tongue Range of Motion (Part B)	Hold your chin firmly in your right or left hand and slowly stick your tongue as far towards the corner of your mouth as you can. Move is as far to the right side as possible without moving your chin. Keeping your tongue protruded, move it slowly to the left side and alternates the right and left side 5 times.		NA	NA
	Vocal Exercise	Say "eee" in as low a pitch as possible and then gradually raise the pitch of your voice until the highest tone possible. Hold this tone for the length of time directed by your clinician.			NA
		<i>Space for a clinician added exercise...</i>			

## National Foundation of Swallowing Disorders ([www.NFOSD.com](http://www.NFOSD.com))

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