Swallowing exercises

- **Tongue hold**
  Hold the tip of the tongue between the front teeth with approximately 2 cm of the tongue outside the mouth. Feel a strong pull in the pharynx while swallowing. Repeat 10 times.

- **Gargle**
  Try to gargle as strongly as possible and pull the tongue as far back as possible at the same time. Hold the position for 10 seconds. Repeat 10 times.

- **Tongue range of motion**
  Open the mouth as much as possible while repeating the following 10 times in each direction.
  1. Lift the tongue as high as possible behind the front teeth, hold 1 second, let go.
  2. Lift the base of the tongue as high as possible, hold 1 second, let go.
  3. Move the tongue along the upper teeth from one side to the other, hold 1 second, let go.
  4. Move the tongue as far forward as possible, hold 1 second, let go.

- **Jaw exercise**
  Open the jaw as much as possible, repeat 10 times.
  Move the jaw in circles, repeat 10 times.

- **Larynx range of motion**
  Breathe in and hold the breath while pushing 1 second. Relax and breathe gently. Repeat 10 times.
  If the above is not possible say “a” hard and shortly 10 times.

- **Shaker exercise**
  1. Lie flat on the bed
  2. Lift the head and look at the feet, keep shoulders down. Feel how the muscles under the chin are used. Hold the head-lift 1 minute.
  3. Rest 1 minute
  4. Repeat head-lift and rest 3 times in total.
  5. Lift the head shortly and look at the feet. Repeat 30 times.

- **Falsetto exercise** (if Shaker is not possible)
  Move up the tone scale as high as possible to a high falsetto, hold the high tone as powerful as possible for 10 seconds. Repeat 10 times.