

Super Supraglottic Swallow

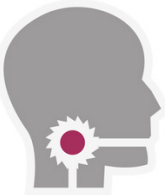
Position: Seated upright in a chair

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: Swallow hard while continuing to hold your breath.



Step 4: Cough.



Step 5: Swallow again.

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=r5SFuzsbkOY>