

Mendelsohn

Before we begin this exercise, you will need to locate your larynx. The larynx is commonly referred to as your Adam's apple and is the pointy cartilage you can feel on front of your neck. First locate your larynx by placing three fingers on the front of your neck. Next, swallow. When you swallow, you should feel your larynx rise and fall. For this exercise you will focus on holding your larynx in an elevated position.

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

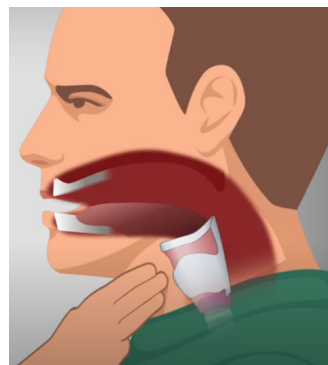
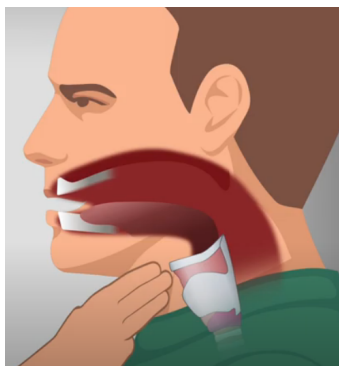
Sets: 1x

Frequency: 3x/day

Steps:

- 1: Place your fingers on your neck
- 2: Begin your swallow
- 3: When you feel your Adam's apple rise squeeze the muscles of your throat tightly and hold for in this position for 2-3 seconds
- 4: Complete the swallow and relax

***Tip:** You should feel you are holding your breath while your larynx is elevated.



Video Link: <https://youtu.be/S7MYkmXEJjM>

Please immediately stop any exercise should you feel new discomfort & notify your speech-language pathologist or doctor