

## Effortful Swallow

**Position:** Seated upright in a chair

**Repetitions:** 10x

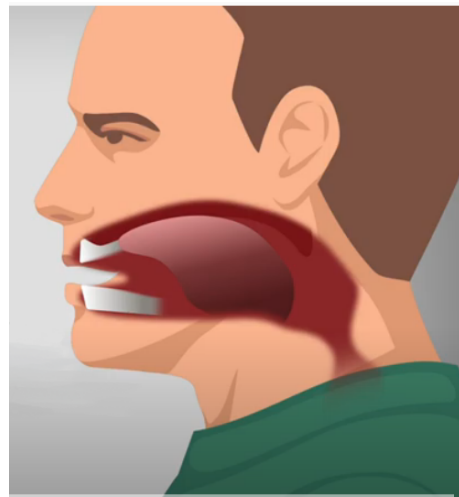
**Sets:** 1x

**Frequency:** 3x/day

### **Steps:**

- 1: Press your tongue firmly against the roof of your mouth
- 2: Squeeze the walls of your throat together forcefully and swallow hard

**\*Tip:** Pretend you are trying to swallow a hard-boiled egg. This exercise can be completed during meals, with tiny chips of ice, or small sips of water



Video Link: <https://www.youtube.com/watch?v=d9oF-smEM7g>

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