

## Valsalva

**Position:** Seated upright in a chair

**Repetitions:** 5-10x

**Sets:** 1x

**Frequency:** 3x/day

### **Steps:**

- 1: Inhale slowly
- 2: Tightly hold your breath and bear down.
- 3: Hold for 2-3 seconds.
- 4: Exhale

**\*Tip:** When you bear down you should feel you are contracting your abdominal muscles, diaphragm, and holding your breath at once.



Video Link: <https://youtu.be/Qrxo8i4ObPk>

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