

Super Supraglottic Swallow

Position: Seated upright in a chair.

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

Repetitions: 5-10x

Sets: 1x

Frequency: 3x/day

Steps:

- 1: Inhale slowly
- 2: Bear down while holding your breath
- 3: Swallow hard
- 4: Cough

***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/r5SFuzsbkOY>

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