

Masako Exercise

Aim

To strengthen the base of tongue and muscles of the pharynx/neck that are related to swallowing. These muscles help to push food from the throat down into the food pipe

Instructions

- 1. Open your mouth.
- 2. Stick out your tongue.
- 3. Hold your tongue with your teeth/lips/fingers to keep it stable.
- 4. Swallow your saliva while holding your tongue out. Try to keep your tongue between your teeth/lips.
 - If you are unable to protrude your tongue beyond your teeth, keep as close as you can behind your teeth.
- 5. Repeat this _____ times.
- 6. Do this _____ times a day.



Contributed by Speech Therapy, Rehabilitation, Allied Health Services

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