

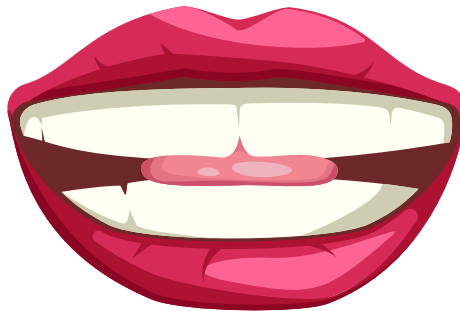
Masako Exercise

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

