Tongue Base Strengthening Exercises

These exercises will help improve the movement of your tongue and make it stronger, which can help you swallow better. Do not have any food in your mouth when doing the exercises unless instructed to by your speech language pathologist or doctor.

Exercises

- **Effortful Swallow**
  Swallow your saliva while you squeeze all of your mouth and neck muscles very hard.
  - Repeat ____ times each, ____ times per day.
  - Repeat until your muscles feel very tired* ____ times per day.

- **Hawk**
  Say the word “hawk” with a forceful, deep “K” sound at the end of the word.
  - Repeat ____ times each, ____ times per day.
  - Repeat until your muscles feel very tired* ____ times per day.

- **Masako Maneuver**
  Place the tip of your tongue between your front teeth or gums. Swallow, keeping your tongue in place.
  - Repeat ____ times each, ____ times per day.
  - Repeat until your muscles feel very tired* ____ times per day.

* What does “very tired” mean?
Think of the tiredness of your mouth and throat on a scale of 1 to 10, with “1” being not tired at all and “10” being so tired that you cannot swallow. If you are supposed to do the exercise until you are very tired, your muscles should feel like they are at a “7” when you are finished.