Exercise Instructions – Floor of Mouth Lesion

Do these exercises for 3 sets of 10 – 3 times per day
(this means to do 10 – take break – do 10 take break – do 10 take break, morning, noon, night)

- **Effortful swallow**
  Press your tongue to the roof of your mouth as hard as you can. Swallow hard while keeping your tongue pressed against the roof of your mouth and squeezing your throat muscles.

- **Tongue press**
  Press your whole tongue to the roof of your mouth. Hold for a slow count of 3 to 5.

- **Swallow-hold (Mendelsohn) maneuver**
  Swallow, but “hold” your voice box up at the peak of the swallow; do not allow it to drop back down. Hold for 3 to 5 seconds. Gently feeling your voice box with your fingers may help you feel the movement of your voice box and help you perform this exercise correctly.

- **Head-lift (Shaker) exercises**
  Lie on your back, lift your head to look at your feet for 1 minute. Rest for 1 minute. Repeat 3 times instead of 10. Next, lift your head quickly 30 consecutive times to look at your feet. Do this 3 time per day.

*Remember...If you don't use it, you can lose it!*
Keep swallowing as best you can, even when it hurts.