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Tongue Holding Maneuver

Masako Swallow

Goal

- ✧ To increase the forward movement of the posterior pharyngeal wall as it moves forward to meet the base of tongue
- ✧ Exercise the glossopharyngeus muscle that pulls the tongue base backward during swallow

Objective

The patient will hold front third between his/her teeth while he/she swallow, 10x/day for 4-8weeks.

Therapeutic Procedure Steps

- 1) Protrude your tongue out of your mouth
- 2) Hold your tongue between your teeth while you swallow your saliva
- 3) Feel the pull of muscles in the pharynx
- 4) Repeat it 10 times



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