

Swallowing and Trismus Exercises

[Click here or swipe left to watch exercise videos.](#)

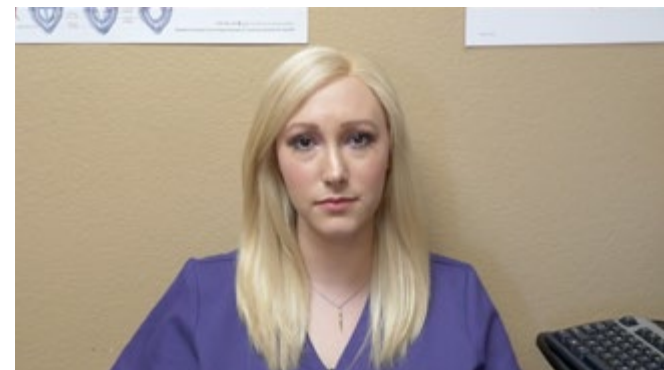
EXERCISES

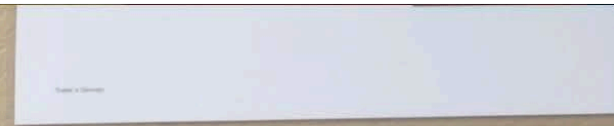
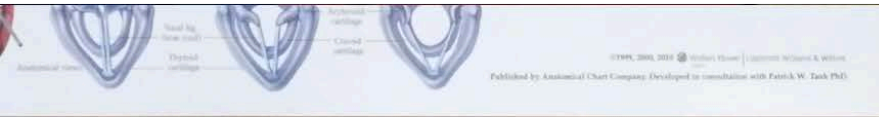
Swallowing Exercise 1

Tongue Exercise

Watch this video to see how to perform this exercise.

1. Stick out your tongue as far as you can, hold for 10 sec.
2. Pull your tongue back in as far as you can while holding it flat, and hold for 10 seconds.
3. Repeat 10 times.

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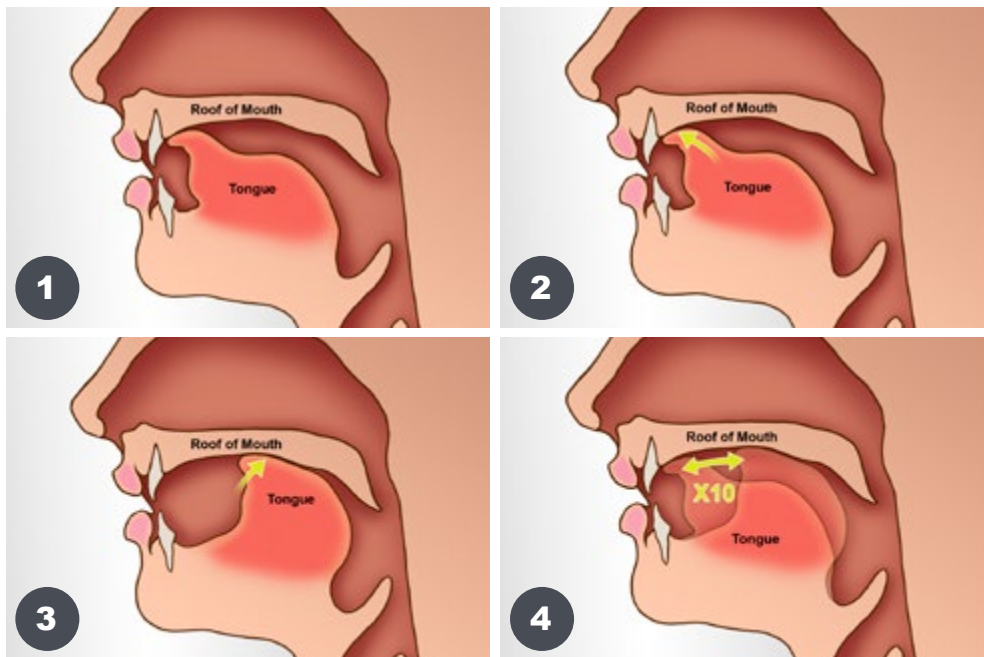


EXERCISES

Swallowing Exercise 2

Tongue Sweep

1. Using your tongue tip, press the roof of your mouth, just behind your teeth, as hard as you can.
2. Now sweep your tongue against the roof of your mouth toward the back.
3. Try to press while you sweep.
4. Repeat 10 times.



Visual Art: © 2016 The University of Texas MD Anderson Cancer Center

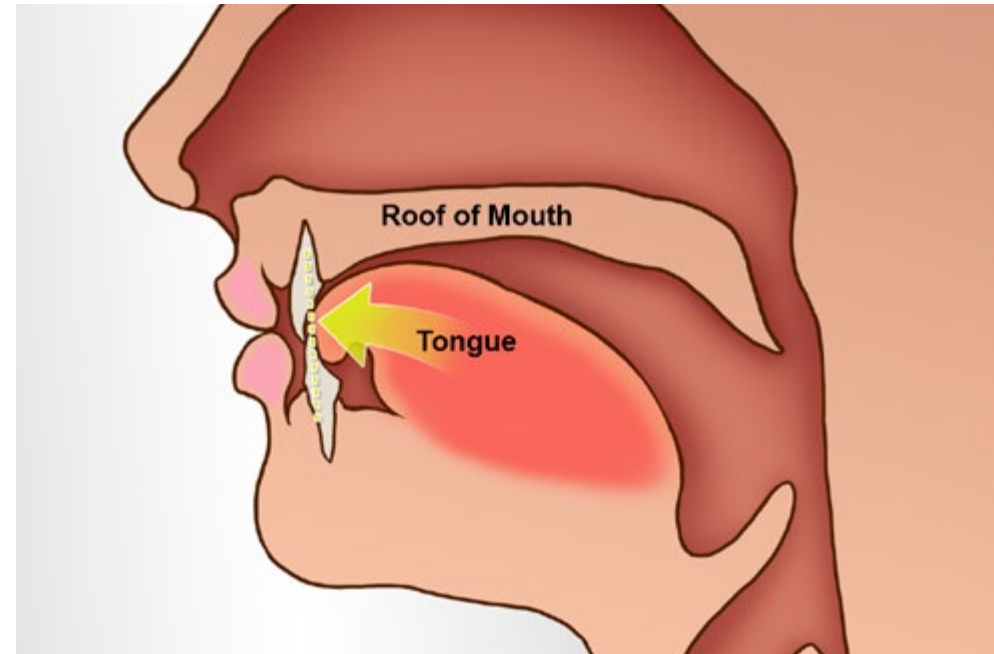
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EXERCISES

Swallowing Exercise 3

Tongue Push

1. Close your mouth.
2. Place your tongue behind your front teeth and push as hard as you can.
3. Hold for 10 seconds.
4. Repeat 10 times.



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EXERCISES

Swallowing Exercise 4

Tongue Press

Watch this video to see how to perform this exercise.

1. Hold a tongue depressor or spoon up to your mouth.
2. Press against it with your tongue as hard as you can.
3. Hold for ten seconds.
4. Repeat 10 times.



Swallowing 1

Swallowing 2

Swallowing 3

Swallowing 4

Swallowing 5

Throat and Neck 1

Throat and Neck 2

Throat and Neck 3

Trismus



EXERCISES

Swallowing Exercise 5

Enunciation

Repeat these groups of words five times each.

- “Key” “Cut” “Kind” “Go” “Good” “Gum”
- “Keep” “Car” “Comb” “Gas” “Game” “Guess”
- “Cold” “Call” “Catch” “Give” “Gift” “Girl”
- “Cookie Cutter”
- “Coca-Cola”
- “Kitty Cat”
- “Garbage Can”

Swallowing 1

Swallowing 2

Swallowing 3

Swallowing 4

Swallowing 5

Throat and Neck 1

Throat and Neck 2

Throat and Neck 3

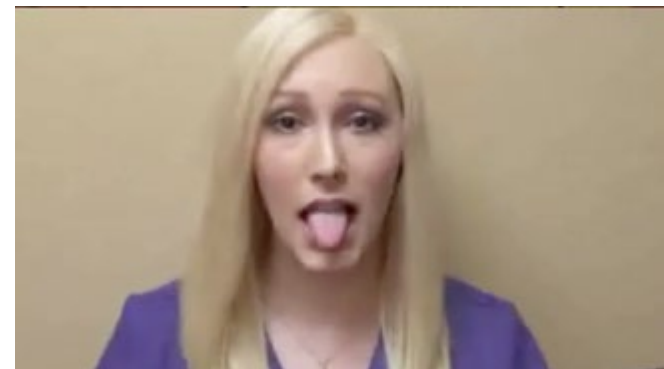
Trismus

EXERCISES

Throat and Neck Exercise 1

Watch this video to see how to perform this exercise.

1. Put your tongue between your teeth.
2. Hold your tongue in place and swallow. Be sure not to try to eat or drink anything while you are doing this exercise.
3. Repeat 10 times.

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EXERCISES

Throat and Neck Exercise 2

Watch this video to see how to perform this exercise.

1. Place your hand against your forehead and push against your hand.
2. Hold for 10 seconds. Repeat 10 times.

Then:

3. Place your hand against the side of your head and push against your hand.
4. Hold for 10 seconds. Repeat 10 times.
Now do the other side. Repeat 10 times.

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EXERCISES

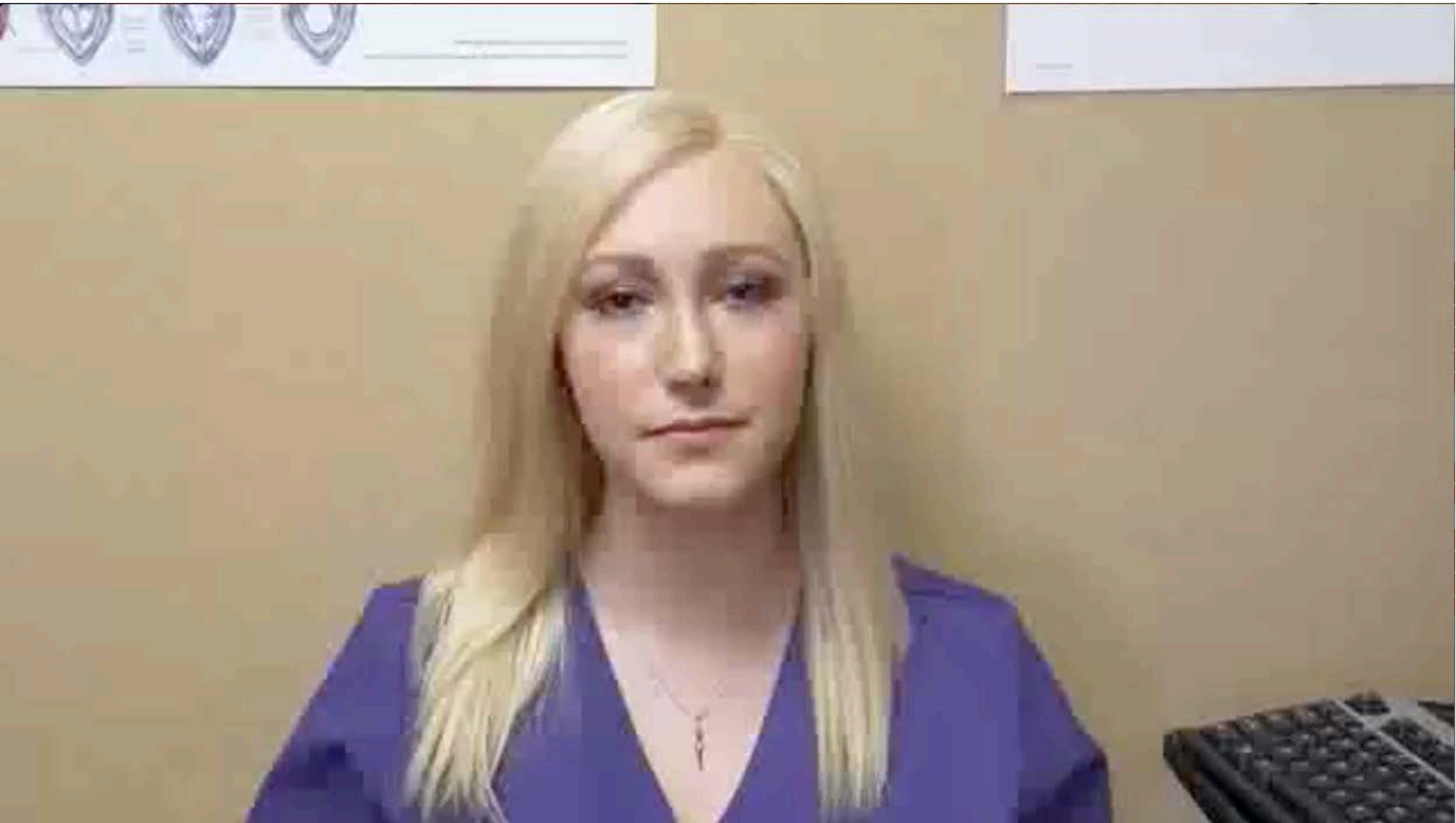
Throat and Neck Exercise 3

Watch this video to see how to perform this exercise.

1. Lay flat on your back and raise your head up to look at your feet.
2. Hold for 10 seconds. Repeat 10 times.

Note: This exercise should not be performed by anyone with a tracheostomy tube.

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EXERCISES

Trismus Exercise Instructions

Watch this video to see how to perform this exercise.

1. Place one thumb on your upper teeth and one on your lower teeth.
2. Stretch as far as you can, hold for 1 minute.
3. Relax for 30 seconds. Repeat 4 times.
4. Perform this exercise 3-5 times each day.



Swallowing 1

Swallowing 2

Swallowing 3

Swallowing 4

Swallowing 5

Throat and Neck 1

Throat and Neck 2

Throat and Neck 3

Trismus

