

Swallow Exercise – Masako (Tongue Hold)

Patient Information Leaflet



Liverpool University Hospitals NHS Foundation Trust

Speech and Language Therapy
University Hospital Aintree
Lower Lane
Liverpool. L9 7AL
Tel: 0151 529 4986

What is the Masako?

- Masako is an exercise to help strengthen your muscles used in swallowing.
- Your Speech & Language Therapist has assessed you and has selected this exercise for you.

Who does it help?

This exercise helps people with weak movement at the back of their tongue.

How does it help?

It strengthens the swallowing muscles.

Instructions:

- 1. Stick out the tip of your tongue.
- 2. Hold your tongue end lightly between your front teeth.



3. Stay like this as you swallow.

How often do I need to use the Masako?

We recommend you practise Masako regularly.

Your Speech & Language Therapist will advise you how often to practise.

Repetitions per session
Sessions per day

If I have any queries who do I ask?

Please telephone the Speech & Language Therapy Department on 0151 529 4986.







If you require a special edition of this leaflet

This leaflet is available in large print, Braille, on audio tape or disk and in other languages on request. Please contact:

Tel No: 0151 529 0320

Email: interpretationandtranslation @aintree.nhs.uk

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