

# Swallow Exercise – Masako (Tongue Hold)

Patient Information Leaflet

## 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.

	<b>Repetitions per session</b>
	<b>Sessions per day</b>

## 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](mailto:interpretationandtranslation@aintree.nhs.uk)**