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| **EXERCISE** | **EFFECT** |
| Masako (Tongue-hold swallow)  | Varying posterior circumferential pressures with various levels of tongue protrusion.  |
| Mendelsohn Maneuver  | Suprahyoid group of constriction and UES opening |
| Effortful Swallow (with oral stage focus) | All aspects of swallow enhanced |
| Super Supraglottic Swallow | Airway closure/protection and all aspects of swallow enhanced |
| Shaker Head Lift | Improves anterior UES opening and laryngeal elevation |
| EMST (Expiratory muscle strength training, i.e. The Breather) | Suprahyoid muscle strength, laryngeal elevation, and volitional cough strength  |
| Tongue press/lingual strengthening (i.e. IOPI) | Coordination, speed, strength of oropharyngeal swallow |