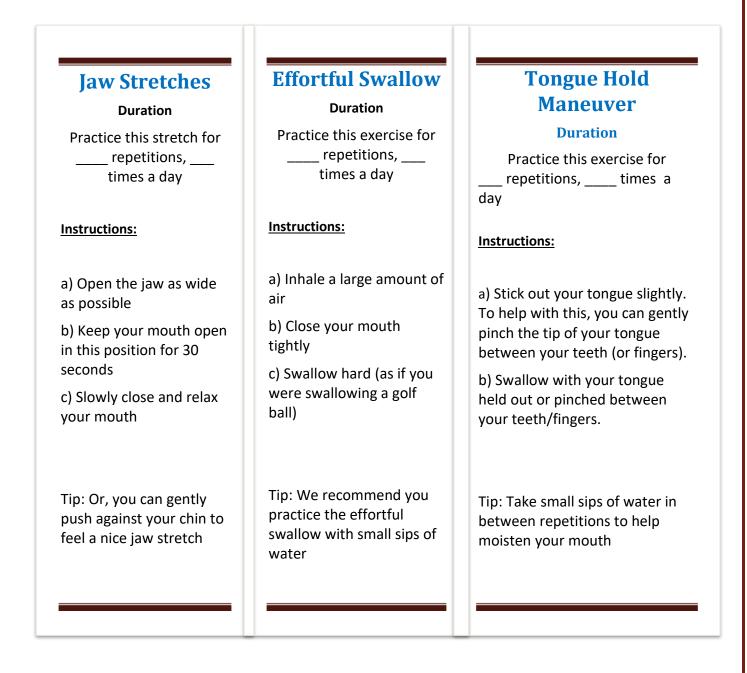


PATIENT EDUCATION Swallowing Exercises to Practice BEFORE, DURING, and AFTER Your Treatment

Research supports evidence that individuals participating in swallowing exercises **before**, **during**, **and after radiation treatment** have led to more improved swallowing function and a better quality of life. We strongly encourage you to adhere to the following exercises:



Please note: When performing the "jaw stretch" exercise, you should not feel any pain while stretching. If you do, please slightly reduce your effort to a nice comfortable stretch.

Exercise Diary Sheet

	Day of	Before Radiation Treatment		During Radiation Treatment (7 weeks)							After	
											Radiation	
Treatment											Treatment	
Exercises	the week	<u>Week</u> <u>1</u>	<u>Week</u> <u>2</u>	<u>Week</u> <u>3</u>	<u>Week</u> <u>4</u>	<u>Week</u> <u>5</u>	<u>Week</u> <u>6</u>	<u>Week</u> <u>7</u>	<u>Week</u> <u>8</u>	<u>Week</u> <u>9</u>	<u>Week</u> <u>10</u>	<u>Week</u> <u>11</u>
	week	_	_	-					-	_		
Jaw Stretch	Mon											
	Tues											
	Wed											
reps sets days	Thurs											
	Fri											
Effortful Swallow reps sets days	Mon											
	Tues											
	Wed											
	Thurs											
	Fri											
Tongue Hold Maneuver reps sets days	Mon											
	Tues											
	Wed											
	Thurs											
	Fri											

This is your **personalized exercise diary sheet**. Please fill in each block with the *amount of repetitions* and the *number of sets* completed each day.