



Swallowing exercises: Masako (base of tongue strengthening)

This leaflet is for patients who have been advised to complete the Masako swallowing exercise. The exercise should only be completed by the individual below and under guidance from your speech and language therapist.

Patient name: _____

Why do I need to do this exercise?

The Masako exercise aims to improve your swallowing by working the muscles at the back of your tongue and your throat. This helps squeeze the food and drink down into your oesophagus (food pipe).

You should feel effort when doing when doing this exercise but **STOP** if you experience any pain. Please raise any concerns you have with your speech and language therapist.

How to complete 'Masako' exercise:

- A) Push out your tongue and hold it between your teeth. If you are unable to do this, push your tongue onto the back of your teeth.
- B) Swallow hard whilst keeping your tongue between your teeth.

Please complete ___ sets of _____ repetitions.

These should be completed _____ times per day for _____ weeks.

It is advised to complete this exercise 5 days per week.

HINT: If it is recommended by your Speech and Language Therapist, you may wish to sip or moisten your mouth with water between each repetition to keep your mouth moist.

Contact details:

Speech and Language Therapy Department – 0118 322 5205.

Email: rbft.speechlanguage@nhs.net

Further information

The Christie NHS Foundation Trust have some useful videos on [Speech and Language Therapy exercises](#).



To find out more about our Trust visit www.royalberkshire.nhs.uk

Please ask if you need this information in another language or format.

RBFT Speech & Language Therapy, February 2026. Next review due: February 2028.

Record chart

Week 1	Sets
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	

Week 2	Sets
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	

Week 3	Sets
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	

Week 4	Sets
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	