



Chin Tuck Against Resistance (CTAR) with a Rubber Ball

Purpose: To strengthen the suprahyoid muscles used in swallowing. The suprahyoid muscles are important to open your upper food pipe sphincter (upper esophageal sphincter) to allow food to enter your stomach.

Equipment: a) Rubber ball, b) Air pump and ball pump needle valve (optional) – to increase diameter and pressure of the ball

Instructions:

Part 1: Sustained CTAR (Isometric)

1. Sit / stand upright and pull your shoulders back. Maintain this posture during the exercise.
2. Hold the ball under your chin with your hand and keep it in position during the exercise.
3. Sustain chin tuck against the ball for as hard as possible; for the duration of _____ sec.
4. Repeat _____ sets as recommended by your speech therapist / pathologist.
5. Rest for 1 minute in between each set of the exercise.

Part 2: Repetitive CTAR (Isokinetic)

1. Sit / stand upright and pull your shoulders back. Maintain this posture during the exercise.
2. Hold the ball under your chin with your hand and keep it in position during the exercise.
3. Tuck your chin in, as hard as possible against the ball; then lift your chin.
4. Repeat the above steps for the _____ times and _____ sets as recommended by your speech therapist / pathologist.
5. Rest for 1 minute in between each set of the exercise.

To view the YouTube video, you may

- scan on the following QR code with your mobile device camera
- access YouTube via <https://youtu.be/zBoZSr19zWo>

