Overview of Head Matters: exercise categories and formats

Exercise categories:

I) Exercises to maintain mobility of the head, neck and shoulders  
- moving shoulders up and down, circling shoulders forward and backward  
- bending head forward (‘Chin tuck’)  
- looking up (‘Head back’)  
- looking over left / right shoulder (‘Head turn’)  
- touching ear to shoulder (‘Head tilt’)  

II) Exercises and strategies to optimize, and to maintain swallowing function  
- swallowing with strength (‘Effortful swallow’)  
- pulling back of the tongue to the back of the mouth and hold (‘Tongue retraction’)  
- swallowing two or three times per bite or sip  
- taking sips of water regularly  
- sit up straight during mealtimes, and minimize distractions during meals

III) Exercises to optimize vocal health, and to maintain vocal function  
- humming with gradually increased volume, and with exaggerated jaw movement  
- slide up the pitch scale as high as possible; hold the high note for several seconds (‘Falsetto exercise’)  

IV) Exercises to optimize speech function, and functional communication  
- articulate each syllable  
- stretching the tongue out straight  
- pushing tongue against left / right cheek  
- licking lips with the tip of the tongue  
- maintaining eye contact during conversation

Formats:

(a) online [40] with general information about HNC,  
with written instructions, and photo and video demonstrations

(b) a 28-paged booklet with DVD, with general information about HNC,  
with written instructions, and photo and video demonstrations

(c) a 2-paged A4 leaflet with written instructions