

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 pictorial and video demonstrations
- (c) a two-paged A4 leaflet with written instructions