

Masako Manoeuvre

Only complete this if recommended by a speech and language therapist

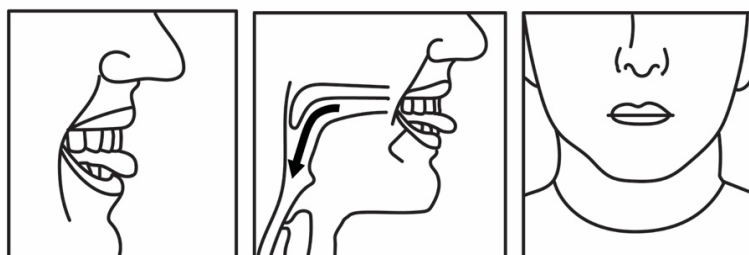
This may help to:

- Strengthen the muscles of your tongue and throat
- Improve the safety and efficiency of your swallow

How to do this:

Complete this exercise without food and drink in your mouth

1. Stick 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.
2. Swallow hard whilst keeping your tongue between your teeth.



Complete:

If you have any questions about this, please contact the Speech and Language Therapy (SLT) department on the telephone number provided below.

Speech and Language Therapy Services

Queen Elizabeth Hospital Birmingham, Mindelsohn Way, Edgbaston,
Birmingham, B15 2GW

Telephone: 0121 371 3483

Accessibility

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