



## Head tilt to left

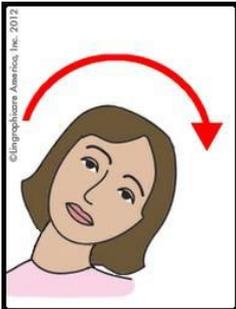
**Only complete this if recommended by a speech and language therapist**

### This may help to:

- Direct food and drink towards your stronger side when swallowing
- Reduce the risk of food or drink “going down the wrong way”

### How to do this:

- Tilt your head towards your left side, as if you are trying to touch your ear to your shoulder, then swallow in this position.
- You should do this every time you are swallowing food or drink.



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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