

Chin tuck

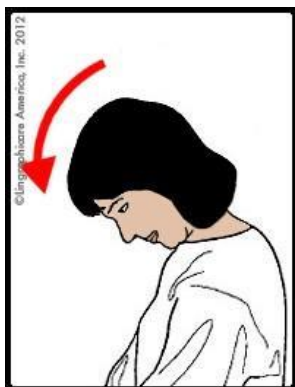
Only complete this if recommended by a speech and language therapist

This may help to:

- Push your food and drink down
- Reduce the risk of food and drink “going down the wrong way”

How to do this:

1. Take a drink or chew your food as normal.
2. Bring your chin down to your chest and swallow.
3. Keep your chin down until you have swallowed.
4. 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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