



Head tilt to left

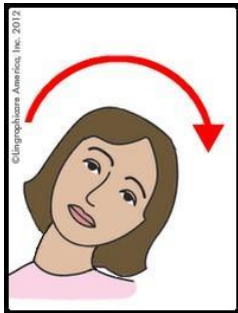
Only complete this if recommended by a speech and language therapist

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

To view this information in a different language or use the text-to-speech reader visit www.uhb.nhs.uk, click the yellow and black circular icon in the bottom right of the web page to open the ReachDeck toolbar and then use the search bar to search by the name of the leaflet. If you require this information in another format such as braille or audio please email interpreting.service@uhb.nhs.uk.



How did we do? 😊 😐 😞

If you have recently used our services we'd love to hear about your experience. Please scan the QR code or follow the link to share your feedback to help us improve our services. Thank you! www.uhb.nhs.uk/fft

