



## Head turn to left

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

### **This may help:**

- If you have weakness on one side of your throat
- If one of your vocal cords is not functioning to protect your airway
- To direct food and drink down the stronger side
- Reduce the risk of food and drink “going down the wrong way”

### **How to do this:**

- Turn your head towards the left, as if you are looking over your shoulder, then swallow
- You should do this every time you eat or drink

If you have any questions about this strategy, please contact the Speech and Language Therapy (SLT) department on the contact 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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