



Mendelsohn Manoeuvre

Only complete this if recommended by a speech and language therapist

This may help to:

- Improve the safety and efficiency of your swallowing by keeping your airway closed for longer and keeping the entrance to your food pipe open longer

How to do this:

1. Swallow your saliva and pay attention to the movement in your neck.
2. When you feel your Adam's apple lift, try to squeeze with your throat muscles to keep it lifted for a few seconds.
3. Let it drop back down as normal.
4. Your speech and language therapist will tell you how many times to do this, and whether it should be completed with or without food or drink.

This should be completed with food or drink / This should be completed without food or drink

If you have any questions about this exercise, 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

If you require this information in another format, such as a different language, large print, braille or audio version, please ask a member of staff or email interpreting.service@uhb.nhs.uk

Accessibility

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