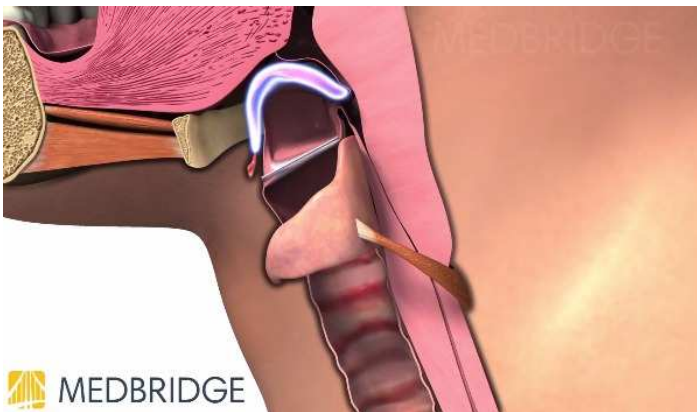


Mendelsohn Maneuver



ACTIVITY: HOLD YOUR LARYNX UP FOR 3 SECONDS.



SIDE OF THROAT: EPIGLOTTIS FOLDS DOWN TO PROTECT AIRWAY

Goal

The goal of this activity is to keep the opening of your esophagus open longer by holding your larynx, or voice box, in a raised position.

Directions

1. Place your finger on your larynx.
2. Swallow normally, and feel your larynx rise up during the swallow.
3. On your next swallow, feel your larynx rise up and hold it at its highest point for 3 seconds. Release and repeat as instructed by your therapist.
4. Keep your larynx in a raised position by squeezing the muscles of your throat and tongue.

Explanation

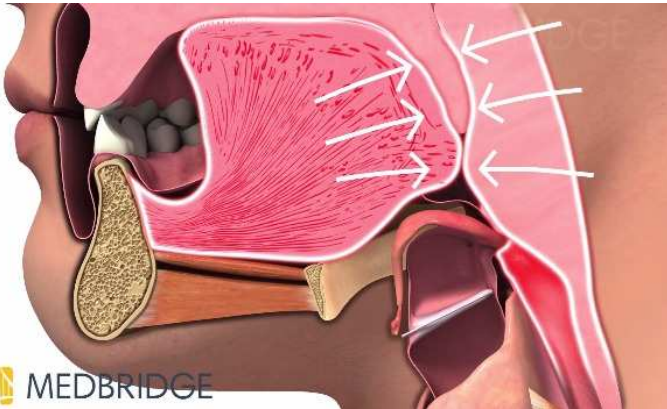
During the swallowing process, your larynx rises up while your epiglottis folds down to keep food or fluid moving toward the esophagus. During this activity, the larynx rises up to keep the epiglottis closed over the entrance to your airway. When you hold your larynx in a raised position, it allows the esophagus to stay open longer to let food or fluid pass through to the stomach.

Practice this activity to improve your swallow and help facilitate the correct passage of food and fluid toward your stomach.

Effortful Swallow



ACTIVITY: SWALLOW WITH AS MUCH EFFORT AS POSSIBLE.



SIDE OF THROAT: TONGUE AND PHARYNGEAL MUSCLES SQUEEZING TIGHT

Goal

The goal of this activity is to keep food or fluid from getting stuck in your pharynx, or throat, by improving the force and timing of your swallow.

Directions

1. Swallow normally, but tightly squeeze your tongue and throat muscles throughout the swallow.
2. Try to swallow with as much effort as you can.
3. Repeat as instructed by your therapist.

Explanation

The muscles of your tongue and pharynx work together to help you swallow properly. By swallowing with as much effort as possible, you can keep food from getting stuck in your throat.

Practice this activity to prevent food from getting stuck in your throat by improving your coordination and force when swallowing.

Shaker Maneuver

Shaker Maneuver Part 1 - Hold



ACTIVITY: PART 1 - HOLD HEAD RAISE UP TO 1 MINUTE

Shaker Maneuver Part 2 - Repetition



ACTIVITY: PART 2 - PERFORM 30 HEAD RAISES

Goal

This is a 2-part exercise that will strengthen the muscles that help open the entrance of your esophagus when swallowing.

Directions

Part 1:

1. Lie on your back on either a firm bed or the floor without a pillow.
2. Lift your head, tucking your chin to your chest to look at your toes, while keeping your shoulders flat on the surface.
3. Hold for as long as you can up to 1 minute.
4. Rest for at least one minute and repeat the prolonged head raise for a total of 3 holds.
5. Go to part 2.

Part 2:

1. Lift your head, tucking your chin to your chest to look at your toes, while keeping your shoulders flat on the surface.
2. Hold briefly, then lower your head, and repeat for 30 repetitions.
3. Rest for at least one minute and repeat the 30 head raises for a total of 3 times.
4. Perform part 1 and part 2 three times a day.

Reminders

- You may need to gradually work up to performing the prescribed sets and repetitions for each exercise.
- Do not hold your breath during the exercise.
- Do not perform within thirty minutes of food or liquid consumption.