



PATIENT INFORMATION

SWALLOW EXERCISES



These exercises/ strategies (depending on the leaflet) should be conducted as per the advice of your speech and language therapist (SLT). Please consult your SLT, should you have any queries.

EFFORTFUL SWALLOW

Why do I need to do it?

- If there is residue in a “well” at the base of your tongue.
- If the strength of the base of your tongue against the wall of your throat is reduced.

How do I do it?

- When you swallow squeeze the swallowing muscles hard when you swallow.
- Push as hard as you can with the tongue against the roof of your mouth while you swallow.

MASAKO

Why do I need to do it?

- To help the muscle stay open which allows food/liquid to move/pass into your stomach’.

How do I do it?

- Stick out your tongue and hold it between your lips/teeth and try to swallow.
- If this is too difficult to begin with, you can keep your tongue against the inside of your teeth.

MENDELSON MANOEUVRE

Why do I need to do it?

- If your voice box doesn’t rise during swallow.
- To help the muscle stay open which allows food/liquid into your stomach.
- If your swallow is uncoordinated.

How do I do it?

- Feel your voice box rise as you swallow and feel the movement in your neck.
- When you swallow feel your **voice box lift and don’t let it drop.**
- **Hold it** at the peak of your swallow (when you feel your voice box lifted) **for several seconds** by squeezing your throat muscles before finishing the swallow.
- Repeat 5 times.

PITCH GLIDES

Why do I need to do it?

- If you are at risk of food/liquid “going the wrong way”.

How do I do it?

- Sing “ee” starting in a low tone and then slowly raise your tone to your highest pitch. Hold pitch for 10-20 secs.
- Repeat 5 times.

SHAKER EXERCISE Do each part 3 times a day for 6-8 weeks

Why do I need to do it?

- The strap muscles in the neck move the voice box up and out of the way to keep food and liquid from “going the wrong way”. These exercises increase flexibility and strength.

How do I do it?

Part 1:

- Lie down on your back on the bed/floor. Your shoulders need to be flat against the surface.
- Keep your shoulders flat against the bed or floor and lift up your head, bringing your chin down to your chest (until you can see your toes).
- Keep your head lifted for 60 secs and then lower your head and rest for 60 secs.
- Repeat 3 times.

Part 2:

- Lie down on your back on the bed/floor. Do not use a pillow because your shoulders must be flat against the surface.
- Keep your shoulders flat against the bed/floor and lift up your head, bringing your chin down to your chest. Then immediately lower your head.
- Repeat these steps 30 times.

If your symptoms or condition worsens, or if you are concerned about anything, please call your GP, 111, or 999.

Patient Experience

We know that being admitted to hospital can be a difficult and unsettling time for you and your loved ones. If you have any questions or concerns, please do speak with a member of staff on the ward or in the relevant department who will do their best to answer your questions and reassure you.

Feedback

Feedback is really important and useful to us – it can tell us where we are working well and where improvements can be made. There are lots of ways you can share your experience with us including completing our Friends and Family Test – cards are available and can be posted on all wards, departments and clinics at our hospitals. We value your comments and feedback and thank you for taking the time to share this with us.

Patient Advice and Liaison Service (PALS)

If you have any concerns or questions about your care, we advise you to talk with the nurse in charge or the department manager in the first instance as they are best placed to answer any questions or resolve concerns quickly. If the relevant member of staff is unable to help resolve your concern, you can contact the PALS Team. We offer informal help, advice or support about any aspect of hospital services & experiences.

Our PALS team will liaise with the various departments in our hospitals on your behalf, if you feel unable to do so, to resolve your problems and where appropriate refer to outside help.

If you are still unhappy you can contact the Complaints Department, who can investigate your concerns. You can make a complaint orally, electronically or in writing and we can advise and guide you through the complaints procedure.

How to contact PALS:

Telephone Patient Services: 0300 123 1732 or via email at: wah-tr.PET@nhs.net

Opening times:

The PALS telephone lines are open Monday to Thursday from 8.30am to 4.30pm and Friday: 8.30am to 4.00pm. Please be aware that a voicemail service is in use at busy times, but messages will be returned as quickly as possible.

If you are unable to understand this leaflet, please communicate with a member of staff.