

# Swallow Exercises Chin Tuck

Patient Information Leaflet

Speech and Language Therapy  
University Hospital Aintree  
Lower Lane  
Liverpool. L9 7AL  
Tel: 0151 529 4986

## What is a chin tuck?

A chin tuck is a manoeuvre to help you swallow.

Your speech and language therapist has assessed you and has selected this exercise for you.

## Who does it help?

This manoeuvre will help people with a delayed swallow or poor airway protection.

## How does it help?

It narrows the airway entrance and so lowers the chance that food or drink will enter it.

## How do I do it?

1. Take the food / drink into your mouth



2. Tuck your chin towards your chest



3. Stay like this while you swallow

## How often do I need to use the chin tuck?

It is recommended that you use the chin tuck every time you swallow.

## I've been told I am having Community Speech and Language Therapy but nobody has contacted me. What should I do?

The speech and language therapist who looked after you on the wards should have referred you to the community team.

We have sent you a letter with their details and contact number.

The waiting list for community speech and language therapy can be long.

If you are concerned that you haven't heard from them, please phone them on the contact number.

## If I have any queries who do I ask?

Please telephone the Speech and Language Therapy Department on  
Tel: (0151) 529 4986



## If you require a special edition of this leaflet

This leaflet is available in large print, Braille, on audio tape or disk and in other languages on request. Please contact:

**Tel No: 0151 529 2906**

**Email: [interpretationandtranslation@aintree.nhs.uk](mailto:interpretationandtranslation@aintree.nhs.uk)**