

Swallow Exercises Effortful Swallow

Patient Information Leaflet

What is an effortful swallow?

- An effortful swallow is a manoeuvre to help you swallow.
- Your speech and language therapist has assessed you and has selected this manoeuvre for you.

Who does it help?

- People with weak movement at the back of their tongue.
- The back of the tongue helps you to swallow.

How do I do it?

- Swallow down, squeezing your throat muscles.
- Feel your tongue pressing hard against the roof of your mouth as you swallow.
- Squeeze hard with all of your muscles as you swallow.

How often do I need to use the effortful swallow?

It is recommended that you use the effortful swallow every time you swallow.

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:

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