

Swallow Exercises - Falsetto

Patient Information Leaflet

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

What is falsetto?

Falsetto is an exercise to help strengthen your muscles used in swallowing.

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

Who does it help?

People with reduced movement of the larynx (voice box).

The larynx needs to move upwards completely to prevent food / drink entering the airway.

How does it help?

During the use of the falsetto exercise the larynx naturally moves upwards.

Practising this can help to achieve full laryngeal movement.

Instructions:

1. Place your hand on your Adams apple.
2. Glide up your 'vocal scale' as high as you can.

eee (low pitch) → eee (high pitch)

3. Feel your Adams apple move up.
4. Hold the highest note for several seconds.

How often do I need to use falsetto?

We recommend you practise falsetto regularly.

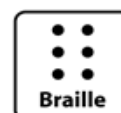
Your speech and language therapist will advise you how often to practise.

	Repetitions per session
	Sessions per day

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