

Swallow Exercises

– Head Tilt

Patient Information Leaflet

What is a head tilt?

- A head tilt 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?

- People with weakness down one side of the mouth and / or throat.
- It helps the food / drink to go down the stronger side.

How do I do it?

1. Put the food / drink into your mouth.



2. Tilt your head towards the stronger side, as determined by your Speech and Language Therapist.

LEFT

RIGHT



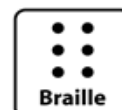
3. Stay like this while you swallow.

How often do I need to use the head tilt?

It is recommended that you use the head tilt every time you swallow.

If I have any queries who do I ask?

Please telephone the Speech & Language Therapy Department on (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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