

Swallow Exercises

Head Turn

Patient Information Leaflet

What is a head turn?

- A head turn 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?

A head turn will help people with weakness down one side of the mouth and / or throat.

How does it help?

It directs food/drink down the stronger side.

Instructions:

1. Take the food / drink into your mouth.



2. Turn your head to the weaker side.

LEFT

RIGHT



3. Stay like this while you swallow.

How often do I need to use the head turn?

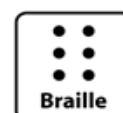
It is recommended that you use the head turn every time you swallow food or drink.

How long do I use the technique for?

We recommend you use this technique until you have been seen by a Speech and Language Therapist for a repeat assessment.

If I have any queries who do I ask?

Please telephone the Speech and 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:

Tel No: 0151 529 0320

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