

# Swallow Exercise - Mendelsohn Exercise

Patient Information Leaflet

Speech and Language Therapy  
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## What is the Mendelsohn exercise?

- The Mendelsohn exercise helps to strengthen the muscles you use in swallowing.
- Your Speech and Language Therapist has assessed you and has selected this exercise for you.

## Who does it help?

The Mendelsohn exercise helps people with weak movement of the larynx (voice box).

## How does it help?

- It helps to strengthen the muscles used in swallowing.
- It helps food and drink go down the right way.

## Instructions:

1. Put your fingers gently on your voice box (Adam's apple).



2. Swallow. Feel your voice box move up and down.
3. Swallow again however hold your voice box up, using your muscles, for three seconds and then release.

## How often do I need to use the Mendelsohn exercise?

We recommend you practise the Mendelsohn exercise regularly.

Your Speech and Language Therapist will advise you how often to practise.

	<b>Repetitions per session</b>
	<b>Sessions per day</b>

## 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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