

Swallow Exercises

Breath Hold and Bear Down Swallow (Super - Supraglottic Swallow)

What is the Breath Hold and Bear Down Swallow?

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

How does it help?

- It helps food and drink go down the right way.

Instructions:

1. Breathe in
2. Hold your breath tightly in your throat
3. Put a small amount of food or drink into your mouth
4. Bear down (as if going to the toilet)
5. Swallow
6. Cough straight away

How often do I need to use the Breath Hold and Bear Down Swallow?

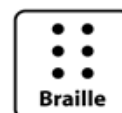
- Every time you swallow food or drink.

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
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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