Swallow Strategy
Mendelsohn Maneuver

The Mendelsohn maneuver is a technique used to increase and prolong laryngeal (voicebox) lifting to improve clearing of the pharynx (throat) when swallowing.

Practice
1. As you swallow your saliva, feel your larynx (voicebox) or Adam’s apple lift up and your throat squeeze together.

2. Swallow again. When you feel the larynx lift up all the way, hold the larynx with your neck muscles for _____ seconds during the swallow. Release to complete the swallow.

3. Often using this maneuver while turning your head to one side results in the best swallow.

Use
1. Take a sip of liquid (_____ size) or bite of food (_____ size) into your mouth.

2. As you swallow and feel your larynx lift, hold up your larynx for _____ seconds during the swallow.

3. Relax your throat to complete the swallow.