Swallow Strategy
Super-Supraglottic Swallow

The super-supraglottic swallow is a technique used to close the airway before swallowing.

**Practice**
1. Take a deep breath and hold very tightly – bearing down.
2. Keep holding your breath and bearing down as you swallow your saliva.
3. Cough.
4. Swallow again.
5. Breathe.

**Use**
1. Take a sip of liquid or bite of food into your mouth.
2. Take a deep breath in through your nose, hold and bear down.
3. Swallow (still holding your breath).
5. Swallow again.