Valsalva Maneuver for Eustachian Tube Dysfunction

The Valsalva maneuver helps equalize air pressure in the ears. It can keep the eardrum from rupturing due to sudden air pressure changes experienced while flying, scuba diving or deep-sea diving. This maneuver may also be recommended as a treatment for middle ear fluid.

To perform this maneuver, pinch the nostrils closed. While keeping your mouth shut, blow gently as if you were blowing your nose. This technique forces air into the eustachian tubes of your ears, equalizing air pressure in the middle ear (the space behind the ear drum).

Instructions:

_________ times at breakfast

_________ times at noon

_________ times at supper

_________ times at bedtime

Follow instructions above for best results.