Swallowing Exercise – Mendelsohn Maneuver

This exercise is done to improve swallowing. It helps to raise the larynx and open the esophagus when swallowing.

Most often, these exercises should not be done with food in your mouth.

Swallow your saliva several times and pay attention to your neck as you swallow. Feel your voice box, also called your Adam’s apple, lift and lower as you swallow.

Now, swallow and feel your voice box lift but do not let it drop. Hold it with your muscles for 2 seconds. Release and then repeat 5 times.

- Talk to your doctor or others on your health care team if you have questions. You may request more written information from the Library for Health Information at (614) 293-3707 or email: health-info@osu.edu.