Swallowing Exercise – Mendelsohn Maneuver

About the exercise
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.

To do exercise
• 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.