
SWALLOWING TECHNIQUES

Each technique can be beneficial in helping reduce the risk of aspiration.

Supraglottic Swallow: Chin down: helps protect airway.
Hold your breath: closes vocal cords.
Swallow.
Cough or clear throat: helps to clear airway.

Push Swallow: Only at the moment of the actual swallow, push on a surface or your leg. (Use your external neck muscles to help the internal throat muscles clear the bolus).

Hold Maneuver: After chewing, hold the bolus (food or liquid) on the mid-portion of your tongue for a few moments until you are ready to swallow. Think “swallow” and it helps make the muscles “ready.”

Visual Imagery: Your vocal cords close during the swallowing process to keep food and liquid out of the airway. If muscles are weak, the vocal cords can open causing choking. Visualize the cords closing and squeeze them shut as you swallow.

