

Head turn



Information for patients Sheffield Teaching Hospitals

A speech and language therapist has assessed your swallow and has recommended that you use the 'head turn' technique to increase the safety of your swallow.

Why?

- Turning your head towards your weak side closes off the weak side of your throat.
- This results in the food / drink going down the stronger side.
- It also helps to open the entrance to the oesophagus (food pipe to the stomach), which reduces the amount of residue in the throat after you swallow.
- This will reduce the chance of residue going down 'the wrong way' after you have swallowed.

Together these factors will increase the safety of your swallow and reduce your risk of developing chest infections.

How?

1. Turn your head towards your weak side before swallowing
2. Swallow

Perform with each food / liquid swallow.

If you or your family/ carer are unsure about this advice or have any questions please contact your speech and language therapist on the number below:

Name _____ Date _____

Speech and Language Therapist _____ Phone number: _____

Alternative formats can be available on request. Email: sth.alternativeformats@nhs.net

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