

# Mendelsohn manoeuvre



## Information for patients Sheffield Teaching Hospitals

**A speech and language therapist has assessed your swallow and has advised you to practice the 'Mendelsohn manoeuvre' to improve the safety of your swallow.**

### Why?

- This manoeuvre exaggerates and prolongs the elevation of your larynx (voice box) during swallowing.
- This makes your swallow 'strong and long'.
- This helps to provide extra protection of your airway when eating and drinking, reducing the risk of food and drink going down 'the wrong way'.
- It also prolongs the opening of the entrance to your oesophagus (food pipe).

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

### How?

1. Place your fingers gently on your Adam's apple (this is the front of your voice box). You will feel it move up and down as you swallow.
2. When you start to swallow and your Adam's apple rises, try to hold it up with your throat muscles for several seconds before letting it drop back down.
3. You will need to hold your breath whilst you hold your Adam's apple up and breathe out as it drops.

Practice this with nothing in your mouth (i.e. saliva swallows) \_\_\_\_\_ times a day.

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](mailto:sth.alternativeformats@nhs.net)

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