

Effortful Swallow

Aim

To strengthen muscles of the throat related to swallowing.

Instructions

1. Either place a teaspoon / tablespoon of _____ fluids into the patient's mouth OR ask the patient to swallow their own saliva.
2. Instruct the patient to imagine that he/she is swallowing a big bolus (e.g. a large fishball) and to swallow as hard as he/she can.
3. Repeat this _____ times.
4. Do this _____ times a day.



Tips

- Watch for muscle tightening around the throat area that indicates that they are using effort to swallow.
- Encourage the patient to use his/her imagination to help increase the effort of the swallow.

Contributed by Speech Therapy, Rehabilitation, Allied Health Services

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