

Mendelsohn Maneuver

Aim

To improve the effectiveness of the larynx for airway closure and opening up of the food pipe.

Instructions

1. Place your index finger and thumb around your Adam's apple.
2. Prepare to swallow your saliva.
3. As you swallow, feel the upward movement of the Adam's apple.
4. When the Adam's apple reaches its highest point, hold it up with your throat muscles for ____ seconds.
5. Release and rest for ____ seconds.
6. Repeat this ____ times.
7. Do this ____ times a day.

Contributed by Speech Therapy, Rehabilitation, Allied Health Services

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