Effortful Swallow

The muscles in your mouth and/or throat are weak and do not “squeeze” all the food and liquid into your food tube. Food and liquid left over in your throat, after you swallow, is dangerous. It can fall into your airway, without you even feeling it, and make its way into your lungs. This can cause pneumonia. A good, strong swallow pushes ALL the food and liquid towards your stomach.

When you swallow, squeeze hard with all your might!

Squeeze like you had to swallow a big hunk of bagel or a huge pill.

You can even think of swallowing a golf ball, if it helps you squeeze harder!

Swallowing this way while you eat and drink helps get all the food and liquid down the right way.