Mendelsohn Maneuver

When you swallow, your voice box should move up and forward in your neck. This keeps food, liquid or saliva from getting into your voice box, windpipe, or lungs.

In your case, the voice box does not move up and forward very well when you swallow. This exercise can help. It may feel strange and it may be hard to do at first, but keep practicing. **YOU CAN DO IT!**

Do this exercise 5x in a row, 5x a day:

**A TOTAL OF 25x EVERY DAY**

1. Swallow your saliva a few times and pay attention to the way your Adam’s apple goes up and down when you swallow. You will feel this if you put your fingers gently on your Adam’s apple when you swallow.

2. Swallow again. This time when you feel your Adam’s apple go up, hold your breath and “squeeze” with the muscles of your throat. **Keep holding the “squeeze” for 2-5 seconds** – don’t let the Adam’s apple drop. It may take practice for you to hold the squeeze for 5 seconds. That’s OK.