Effortful (Hard) Swallow

This may help decrease the amount of food or liquid that is stuck in your throat after you swallow. It can reduce the chances of food going down the wrong way.

Instructions

- ☐ As you swallow, squeeze as hard as you can with all of your tongue and throat muscles.
- ☐ You can do this with or without food.

Your	Speec	h-l	Lan	gua	ıge
	Patho	lo	gist	•	

Name _____