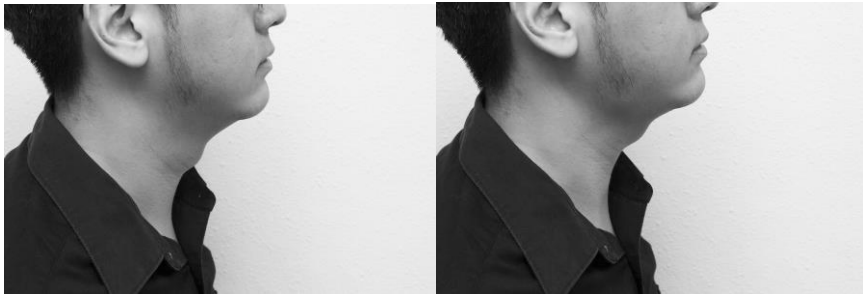


## Mendelsohn's Manoeuvre

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### Objective

The manoeuvre helps to allow more time for food/fluid to enter the food pipe.

### Instructions

1. Put your hand on your throat and feel your Adam's apple moving up and down when you swallow.
2. Now swallow normally, but hold your Adam's apple at the highest point for 3 seconds.
3. Squeeze your throat muscles hard or hold your breath to do this
4. Relax and breathe normally.
5. Do this \_\_\_\_\_ times.