



## Swallowing therapy: Falsetto / laryngeal (voice box) lift

This leaflet is for patients who are experiencing swallowing difficulties and have been advised to complete the falsetto / laryngeal (voice box) lift exercise. This exercise should only be used by the individual named below and under guidance from your speech and language therapist.

Patient name: \_\_\_\_\_

### Why do I need to do this exercise?

Dysphagia can make it difficult to eat, drink and take your medication and you may be at risk of food, fluids or saliva 'going down the wrong way'. If this happens, it can result in choking and/or chest infections known as 'aspiration pneumonia'. The below exercise has may help to improve your swallowing.

### The exercise

This exercises aims to strengthen the muscles in your throat and in turn help your swallowing. It does this by lifting the voice box (larynx) which helps protect your airway. You should feel effort when doing this exercise, but **STOP** if you experience any pain. Please raise any concerns you have with your Speech and Language Therapist or Doctor.

Please complete \_\_\_ times per day for \_\_\_ weeks.

### How to complete 'Falsetto' exercise:

- A) Take a breath a sing "ee". As you do this you will feel the muscles in your throat lift up and see your Adam's apple rise.
- B) Aim to hold the high note for 10 seconds.

### Tips:

- Do not force the voice. It should be gentle.
- If you notice any deterioration in your voice quality, please STOP the exercises and discuss with your therapist.
- Do not rush the exercise. Remember to breathe comfortably between repetitions to avoid feeling light headed or dizzy.

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**Please ask if you need this information in another language or format.**

RBFT Speech & Language Therapy, January 2024. Next review due: January 2026

Week 1	Reps
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	

Week 2	Reps
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	

Week 3	Reps
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	

Week 4	Reps
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	

Week 5	Reps
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	

Week 6	Reps
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	

## Contact us

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