

DYSPHAGIA: WHAT CAN BE DONE TO HELP?

- Exercises can help improve the timing, strength and coordination of the muscles we use to swallow.
- Strategies/postures can sometimes be used to help make swallowing easier.
- Modifying the texture of food or drinks can sometimes make eating and drinking easier (be sure to seek advice from your speech and language therapist).

#SWALLOWAWARE2023



FIND OUT MORE AT [RCSLT.ORG/DYSPHAGIA](https://www.rcslt.org/dysphagia)

