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## **Breath Hold (Valsalva Maneuver)**

### **Goal**

- \* This technique is designed to improve closure at the vocal cords.
- \* This is helpful if food or liquid is getting into the airway during the swallow.

### **Used for**

- \* Reduced laryngeal closure

### **Objective**

Patient will demonstrate Valsalva maneuver (breath hold), 10x/day for 4-8weeks.

### **Therapeutic Procedure Steps**

- 1) Take deep breath.
- 2) Bear down and hold your breath. Remember, you should not hold your breath with your lips, but hold it in your throat as you do if you are trying to lift something very heavy.
- 3) Hold your breath for 5 seconds
- 4) Relax
- 5) Repeat it 10 times every day.



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