



Dysphagia Treatment Indications

Oral Dysphagia

Reduced Chewing Ability:

- ✓ Modifying food consistencies
- ✓ Modifying volume of intake

Reduced Use of Tongue to Move Bolus in Oral Cavity:

- ✓ [Tongue Pressure Resistance Exercises](#)
- ✓ Possibly modifying consistencies of foods and liquids

Reduced Control of Bolus / Premature Pharyngeal Spillage:

- ✓ [Tongue Pressure Resistance Exercises](#)
- ✓ [Chin tuck](#)
- ✓ Thickened liquids

Dysphagia Treatment Indications

Pharyngeal Dysphagia

Reduced Base of Tongue Contact with Posterior Pharyngeal Wall

- ✓ [A liquid wash / Alternating solids and liquids](#)
- ✓ [Effortful swallow](#)
- ✓ [Double swallow](#)
- ✓ [Possibly EMST](#)
- ✓ [Possibly Masako Maneuver](#)

Reduced Hyolaryngeal Elevation

- ✓ [Effortful swallow](#)
- ✓ [Mendelsohn maneuver](#)
- ✓ [Shaker/Head lift exercises](#)
- ✓ [Possibly Chin Tuck Against Resistance](#)
- ✓ [Possibly EMST](#)
- ✓ [Possibly Effortful Pitch Glide](#)

Reduced Laryngeal Closure

- ✓ [Super-supraglottic swallow](#)
- ✓ [Supraglottic swallow](#)
- ✓ [Chin tuck](#)
- ✓ [Head turn \(unilateral deficits\)](#)

Reduced Upper Esophageal Sphincter Opening

- ✓ [A liquid wash / Alternating solids and liquids](#)
- ✓ [Mendelsohn maneuver](#)
- ✓ [Double swallow](#)
- ✓ [Shaker/Head lift exercises](#)
- ✓ [Possibly Chin Tuck Against Resistance](#)

References:

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Johnson, D., Herring, H., & Daniels, S. (2014). Dysphagia management in stroke rehab. *Curr Phys Med Rehab Rep*, 2, 207-218.

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