COMPENSATORY STRATEGIES

Masako maneuver

* This exercise is performed by protruding your tongue between your front teeth, holding it in place by gently biting down on the anterior portion of your tongue and maintaining this posture while swallowing saliva.

Chin tuck

* The chin is tucked down toward the neck during the swallow, which may bring the tongue base closer to the posterior pharyngeal wall, narrow the opening to the airway, and widen the vallecular space.

Effortful swallow

* Swallow your saliva as hard as you can. Your neck muscles should contract with each swallow. Start with 10 reps and work up to 20.

Gum chewing

Head turn

Oral care

Lollipop swallow

* Ask the pt to lick a lollipop several times. Then,

Mendelsohn Maneuver

* This maneuver is performed by having the patient hold the larynx up, either using the muscles of the neck or with the hand, during the swallow for an extended period of time. The premise behind this technique is that if the extent and duration of laryngeal elevation could be increased, there would be a reciprocal increase in the extent and duration of the cricopharyngeal opening.

Supraglottic/Super-supraglottic maneuver

* Designed to close the vocal folds by voluntarily holding one's breath before and during swallow in order to protect the airway. The patient is instructed to hold his or her breath just before swallowing to close the vocal folds. The swallow is followed immediately by a volitional cough.

Tongue pulling

Tongue ROM

Pitch Elevation

* Same as Effortful Pitch Glide (EPG)????

Shaker

* To perform the exercise, as described in the studies, the patient lies flat and, keeping the shoulders on the bed/mat, raises the head to look at the toes. The patient maintains this position (the goal is 60 seconds) and then repeats this 2 more times. The second part of the exercise is a repetitive movement. In the same starting position, the patient raises the head to look at the chin, lowers the head back to the bed and then repeats this 30 times. Three sets of 30 are the goal.

Head tilt

* The head is tilted toward the strong side to keep the food on the chewing surface.