

Excellent Compensatory Swallowing Strategies for Adult and Pediatric Population.

The following compensatory swallowing strategies are designed to increase swallow safety and decrease the risk for aspiration for patients afflicted with dysphagia. These techniques should be performed under the explicit direction of a licensed Speech-language Pathologist.

Supraglottic Swallow

This swallowing strategy should be use on patients who are generally alert and able to follow verbal commands without much difficulty. Practice with patient prior to performing technique with a food bolus.

- Direct patient to take a deep breath and hold.
- While your patient continues to hold his/her breath, swallow.
- Immediately after the swallow has occurred, patient should produce a cough.

Effortful Swallow

- Direct patient to “squeeze hard” with all his/her muscles when performing a swallow.

Mendelsohn Maneuver

- Direct patient to swallow saliva several times, asking him/her to pay close attention to the “Adam’s Apple” moving upward upon a swallow event and downward after the event has occurred.
- Once your patient has established a physiological awareness during a swallow, direct him/her to hold the “Adam’s Apple” in place after it lifts upward, and do not let it drop.
- Hold for several seconds.

Chin Tuck

- Direct patient to move chin to chest just prior to swallow and to hold in place during the swallow event.