Using Exercise-Based Treatments in Dysphagia Intervention

INTRODUCTION

This video course focuses on using evidence-based exercise practices in swallowing rehabilitation. The speaker discusses the theoretical background and evidence for exercise science and then presents exercise-based techniques that SLPs can implement with patients. Specific topics include motor learning, skill vs. strength training, and muscle structure and function. Specific exercises are discussed, including isometric lingual strength training, expiratory muscle strength training, chin tuck against resistance, Lee Silverman Voice Treatment, and more.

LEARNING OUTCOMES

You will be able to:

• define at least two theoretical principles that an “activity” must incorporate to be considered “exercise”
• describe the structure and muscle fiber type associated with oropharyngeal musculature
• name two changes occurring in muscle with both conditioning and deconditioning
• identify at least two evidence-based treatments for swallowing rehabilitation that incorporate exercise science principles

PROGRAM HISTORY and IMPORTANT INFORMATION

Live recording date: August 30, 2019
End date: August 30, 2024

To earn continuing education credit, you must complete the learning assessment on or before August 30, 2024.

This course is offered for 0.2 ASHA CEUs (Intermediate level, Professional area).