



Effortful swallow

(Modified Valsalva Maneuver)

- * One study suggests the implementation of the Mendelsohn maneuver and effortful swallow (in combination with other treatment modalities) act in a “preventative” manner to help improve swallowing outcome in head and neck cancer patients when delivered prior to chemo-radiation treatment. ^[1]
- * It is known that some of these swallow exercises (specifically, the Mendelsohn maneuver and effortful swallow) increase motor output (activation) of swallowing muscles, such as the submental muscle group. ^[1]

Goal

- * To increase the force of tongue propulsion and contact against the posterior pharyngeal wall. ^[2]
- * The effort swallow is designed to get more movement of the base of the tongue and to help push the food down so there is not as much left in pockets in your throat.
- * To increase pressure exerted by oral tongue and tongue base during swallow

Used for

- * Reduced posterior movement of the tongue base.
- * Residual food in the pharynx

Objective

Patient will use effort swallow for _____ consistencies 10x/day for 8 weeks to increase pressure exerted by oral tongue and tongue base during swallow.

Therapeutic Procedure Steps

1. Squeeze all of your mouth and throat muscles as hard as possible (as if you are trying to swallow a ping-pong ball).
2. Swallow.

The clinician can hold the patient's finger or hand and squeeze on the finger as an illustration of the effort that the patient's tongue should use.



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Works Cited

- [1] C. Sapienza, Wheeler-Hegland, K., Stewart, K., and Nocera, J, "Exercise Prescription for Dysphagia: Intensity and Duration Manipulation," *Perspectives on Swallowing and Swallowing Disorders*, vol. 17, pp. 50-58, June 2008.
- [2] Susan E. Langmore, *Endoscopic evaluation and treatment of swallowing disorders*, Andrea Seils, Ed. New York, NY: Thieme New York, 2001.

