



# Super-supraglottic swallow

## Goal

- \* The super-supraglottic swallow is designed to close the entrance of airway voluntarily at the false vocal fold level by tilting the arytenoid cartilage anteriorly to the base of the epiglottis and closing the false cords tightly before and during the swallow.
- \* The bearing down helps to tilt the arytenoid forward, close the false vocal folds, and close the entrance to the airway.
- \* It speeds onset of laryngeal elevation

## Used for

- \* Reduced closure of airway entrance, particularly those who have undergone a supraglottic laryngectomy;
- \* To improve tongue base retraction in patient with normal anatomy.
- \* To improve the rate of laryngeal elevation at the beginning of the swallow in patient who has undergone a full course of radiotherapy to the neck.

## Objective

Patient will use super-supraglottic swallow for \_\_\_\_\_ consistencies 10x/day for 8weeks.

## Therapeutic Procedure Steps

- 1- Take deep breath, and hold your breath TIGHT
- 2- Bear down tight and hard like you are going to the bathroom or by pulling up on the chair/bed with all your strength
- 3- Take a bite of food or a sip of liquid.
- 4- Keep bearing down and holding your breath while you swallow
- 5- After swallow, release hold, release breath, then COUGH to clear any residue