Theoretical Basis of Exercise and Treatment of Dysphagia

INTRODUCTION

In order to select the appropriate treatment techniques for oral and pharyngeal dysphagia in adults, clinicians need to understand the physiology of swallowing. This introductory course discusses the strengths and weaknesses of the evidence base for dysphagia treatment and reviews the principles of neuroplasticity and motor learning as they relate to the effects of injury to the central nervous system and the potential results of swallowing intervention. The presenter discusses examples of neuromuscular treatment for pharyngeal dysphagia and gives tips on analyzing evidence and applying a theory-driven approach.

LEARNING OUTCOMES

You will be able to:
- describe the physiology of the oral and pharyngeal swallow
- state principles of neuroplasticity and motor learning
- describe examples of neuromuscular treatment for dysphagia

CONTENTS

- Physiology of swallowing
- Overview of strengths and weakness of evidence base
- Neuroplasticity
- Motor learning – what we know from the limbs
- Neuromuscular treatment examples
- Outcomes data
- Tips on analyzing evidence and applying a theory-driven approach

PROGRAM HISTORY and IMPORTANT INFORMATION

Original recording date: June 1, 2017
Peer reviewed: April 2018
End date: June 2, 2021

To earn continuing education credit, you must complete and submit the learning assessment on or before June 2, 2021.
To see if this program has been renewed after this date, please search by title in ASHA’s online store at [www.asha.org/shop](http://www.asha.org/shop).

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

**STATEMENT ON EVIDENCE-BASED PRACTICE**

It is the position of the American Speech-Language-Hearing Association that audiologists and speech-language pathologists incorporate the principles of evidence-based practice in clinical decision making to provide high-quality clinical care. The term evidence-based practice refers to an approach in which current, high-quality research evidence is integrated with practitioner expertise and client preferences and values into the process of making clinical decisions.

Participants are encouraged to actively seek and critically evaluate the evidence basis for clinical procedures presented in this and other educational programs.

*Adopted by the Scientific and Professional Education Board, April 2006*