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# Learning Objectives

MedBridge Education

*Dysphagia Therapy: Prevention, Compensation, Rehabilitation*

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## Course Objectives

- Describe the theoretical and practical components of dysphagia management impacting prevention, compensation, and rehabilitation
- Describe common food and liquid modification practices in dysphagia management including benefit and risk factors with each
- Explain the intended application/benefit for various swallowing maneuvers and postural adjustments employed in traditional dysphagia management
- Demonstrate understanding of basic exercise principles as applied to dysphagia rehabilitation

## Chapter 1: Overview: Prevention, Compensation, and Rehabilitation

In the first chapter of this course, Dr. Crary describes the theoretical and practical components of dysphagia management impacting prevention, compensation, and rehabilitation. Participants will learn to define and identify various management approaches that impact prevention, compensation, and rehabilitation.

## Chapter 2: Traditional Dysphagia Management Approaches: Food, Liquid Modifications

This chapter identifies common food and liquid modification practices in dysphagia management, including benefit and risk factors with each. Dr. Crary demonstrates how to incorporate advanced practices of modified foods and liquids into dysphagia management.

## Chapter 3: Traditional Dysphagia Management Approaches: Maneuvers, Postural Adjustments

Dr. Crary explains the intended applications and benefits for various swallowing maneuvers and postural adjustments employed in traditional dysphagia management. He will teach participants the proper application of each maneuver and adjustment, including appropriate patient selection for each. This chapter will familiarize participants with any risks that may be associated with the clinical application of each maneuver/adjustment.

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## **Chapter 4: Traditional Dysphagia Management Approaches: Oro-Motor Techniques**

This chapter presents oromotor exercises that have traditionally been applied to swallowing rehabilitation. Participants will gain an understanding of the strengths and limitations of traditional oromotor exercises for swallowing rehabilitation.

## **Chapter 5: Newer Applications: A Focus on Rehabilitation**

Participants will gain an understanding of basic exercise principles as applied to dysphagia rehabilitation. Dr. Crary discusses current exercise-based dysphagia rehabilitation programs in reference to applied exercise principles. Participants will be able to demonstrate appropriate application of exercise-based rehabilitation approaches and compensatory approaches to dysphagia management.