

May 11 & 12, 2007 • San Francisco

Dysphagia Therapy in Adults: Exercise & Modalities

ADVANCED COURSE

PRESENTED BY: **Michael A. Crary, PhD**

COST: **\$369** includes an extensive course syllabus, continental breakfast, refreshment breaks and Certificate of Attendance

REGISTRATION DEADLINE: **May 3, 2007**

COURSE OVERVIEW

This course has been developed to provide the practicing dysphagia clinician with a functional background in exercise principles useful in developing dysphagia treatment programs for adult patients. Topics will include the clinical application of two specific treatment modalities: Surface Electromyographic Biofeedback (sEMG) and Neuromuscular Electrical Stimulus (NMES or E-Stim). Both of these modalities will be reviewed from an evidence-based perspective with discussion of strengths and limitations of the technique and the supporting research. The course will describe basic principles of exercise physiology, sEMG, E-Stim and discuss clinical application of these principles to dysphagia therapy in adults. Discussion will address use of exercise programs to prevent dysphagia in certain patients and to rehabilitate dysphagia in others. Limitations of exercise programs and both modalities will be presented. Hands-on practice with a portable biofeedback unit will be provided to all participants. No E-Stim practicum will be incorporated. Traditional dysphagia maneuvers and exercises will be reviewed in reference to exercise principles and the application of these two modalities. This course will also include a review of muscles (and neural innervation) involved in swallowing with comparison to fluorographic interpretation of movement deficits in the adult patient with dysphagia. The purpose of this review and comparison will be to focus treatment planning in these patients. The course will conclude with case-based problem solving and treatment planning using the principles presented in the course

COURSE OBJECTIVES

By the conclusion of this course, the participant will be able to:

- describe muscles involved in normal swallowing and identify impaired muscle activity based on movement analysis from fluorographic swallowing studies in adults with dysphagia;
- describe the concepts behind basic exercise principles as they apply to dysphagia therapy in adults;
- describe the basic principles underlying the clinical application of Surface Electromyographic Biofeedback (sEMG);
- demonstrate the basic operation and application of a portable sEMG biofeedback unit;
- describe the basic principles underlying the clinical application of transcutaneous electrical stimulation as it pertains to swallowing rehabilitation. (NOTE: No E-Stim practicum is provided. This brief is not intended as an E-Stim training experience.);
- problem-solve a case history and videofluorographic evaluation on an adult patient with dysphagia and develop an exercise-based treatment approach.

WHO WILL BENEFIT – Speech/ Language Pathologists who are experienced in the diagnosis and treatment of dysphagia in adults.

SPECIFICS TO BE ADDRESSED:	
DAY ONE (Friday Evening)	
TIME	TOPIC
5:00-5:30 pm	Registration
5:30-7:00	Basics of exercise-based treatment programs <ul style="list-style-type: none"> • Review of basic exercise principles with examples • Exercise to prevent decline and maintain function • Exercise to restore lost function
7:00-7:15	Break
7:15-8:15	Review of muscles involved in swallowing and fluorographic identification of movement deficits based on muscle groups <ul style="list-style-type: none"> • This will involve hands-on palpation of anterior neck with a course partner
8:15-9:15	Review of traditional swallowing maneuvers and exercises from an exercised-based perspective <ul style="list-style-type: none"> • Oral motor exercises (various) • Mendelsohn’s Maneuver • Effortful Swallow • Supraglottic Swallows • Head Lift Technique • Tongue Press/Lingual Resistance
DAY TWO (Saturday Morning)	
7:45-8:15	Continental Breakfast
8:15-9:45 am	Basic principles of Surface Electromyographic Biofeedback in dysphagia therapy <ul style="list-style-type: none"> • What is sEMG • What is sEMG biofeedback • How is sEMG biofeedback useful • sEMG biofeedback applications for dysphagia
9:45-10:00	Break
10:00-11:45	Hands-on application with portable sEMG biofeedback unit <ul style="list-style-type: none"> • work in pairs through a series of application activities
11:45-1:00	Lunch on your own
1:00-2:00	Principles of neuromuscular electrical stimulation in rehabilitation <ul style="list-style-type: none"> • Types of E-Stim • What E-Stim does to muscles • Limitations of E-Stim • Applying E-Stim to exercise programs: What do we expect to gain?
2:00-2:15	Break
2:15-3:00	Examples of preventative and restorative exercise-based dysphagia treatment programs <ul style="list-style-type: none"> • Description of programs with rationale for components • Results from clinical studies
3:00-4:45	Case-based problem solving and development of treatment programs <ul style="list-style-type: none"> • Extracting information from clinical presentation • Reviewing fluorographic studies from a movement/muscle group impairment perspective • Discussion of exercise principles for each case • Selection of activities for each problem • Putting the treatment program together • Measuring outcomes
4:45-5:00	Questions and discussion

San Francisco

WHEN & WHERE?

• **May 11 & 12, 2007**
San Francisco, CA
Sheraton Gateway Hotel
 600 Airport Blvd., Burlingame, CA

PARKING – \$6 per day
LOCATION – Located directly south of the airport on San Francisco Bay
DIRECTIONS – **Southbound 101:** exit Broadway/ Burlingame, go right and take overpass to Old Bayshore Highway, turn right at light then left on Airport Blvd. Hotel is 1/2 mile on left.
Northbound 101: exit Anza Blvd., turn right at light, hotel is 1/4 mile on left.

OVERNIGHT ACCOMMODATIONS

• **Sheraton Gateway Hotel**
 600 Airport Blvd., Burlingame, CA
 1-800-827-0880, HOTEL DIRECT
 Rates: Single or Double \$109*

Cutoff on rooms – April 22, 2007

HOTEL AMENITIES – Lovely suburban hotel in a park-like setting, overlooking San Francisco Bay. Indoor pool, health club and a 6-mile, paved, walking path along the bay in front of the hotel.

ARRIVING BY AIR? – Hotel offers complimentary shuttle to and from San Francisco International Airport. Call the hotel from the baggage claim area.

***When reserving a hotel room, identify yourself with CEPA to obtain these rates.**

CONTINUING EDUCATION RECOGNITION

Each participant will receive a certificate documenting attendance/contact hours (see General Information for more details).

CEPA is approved by the CEB of ASHA to provide continuing education programs.

The California SLPAB accepts CEU’s offered by ASHA approved sponsors.

Dysphagia Course = offered for 1.0 CEU’s or 10 contact hours/clock hours.

Content Area = Professional
Instructional Level = Advanced