Overview: Clinicians will learn the difference between strength and skill-based treatment approaches when treating patients with dysphagia post stroke. Interactive case studies will be presented focusing on how to use clinical decision making to determine which treatment approach to use based on instrumental and clinical assessments.

Objective 1: Participants will be able to differentiate between strength and skill-based treatment techniques for management of dysphagia in patients post stroke

Objective 2: Participants will be able to identify emerging research and trends in dysphagia management of patients post stroke included in recently published stroke research reviews

Outline:

- Intro to Strength & Skill Treatment

- State of Evidence
  - Review Stroke Treatment Guidelines

- Strength-based Training
  - Lingual Strengthening
    - Review Current Evidence
    - Demo Protocols
    - Discuss applications
  - Expiratory Muscle Strength Training
    - Review Current Evidence
    - Demo Protocols
    - Discuss applications

- Skill-Based Training
  - Application to dysphagia treatment
  - Review of current evidence and protocols
  - Sensory Enhancement Strategies
  - Surface electromyography (sEMG)

- Case Study
  - Introduce case study example
  - Discuss treatment options
  - Review instrumental exams
  - Review example of treatment session
  - Summary

*See next page for references mentioned in this presentation*
**Stroke Treatment Guidelines -**


**Lingual Strength Training -**


**Expiratory Muscle Strength Training -**


**Skill Training –**


