

Impairment	Treatment Objective	Treatment Focus	Muscle Group	Exercises	Placement
Spasticity, Rigidity, Stiffness	Stretch, then Strengthen	Increase ROM, then strengthen	Oral Sling	MFR* Stretch - Beckmann Oral manipulation Swallow trials Chewing (challenging)	4a Bilateral
			Tongue Base	MFR Swallow trials Masako	2a, 3a, 3b
			HLE	MFR Swallow trials Mendelsohn Shaker	1, 3a, 2b
			Pharyngeal Constriction	Effortful Swallows Swallow Trials Masako	3b
			UES opening	MFR Swallow Trials Effortful Swallows Shaker	1, 2b, 3a, 3b

*Myofascial Release