

**Title of Video: Educational Video for Individuals with Dysphagia**

**Speech-Language Pathologist Recommendation Form**

**Patient Name:**

**Speech-Language Pathologist:**

**Safe Swallow strategies to use while eating and drinking (SLP to circle):**

Small bites/Small sips

Eat and Drink Slowly

Alternate bite of food with sip of liquid

Sit fully upright with all food and liquids

Use liquid wash

Use tongue sweep

Use multiple swallows

**Other:**

**Personalized Swallow Exercise Program:** The following exercises are tailored towards you and your specific swallowing problem. Please perform each exercise as instructed by your Speech Language Pathologist.

**Tongue Hold Exercise (Masako)** \_\_\_\_\_x

**Effortful swallow** \_\_\_\_\_x

**Shaker Exercise** \_\_\_\_\_x

**Mendelsohn Manuever** \_\_\_\_\_x

**Supraglottic Swallow** \_\_\_\_\_x

**Super-Supraglottic Swallow** \_\_\_\_\_x

Please follow-up with your Speech-Language Pathologist in \_\_\_\_\_ weeks to re-evaluate your swallowing. You can contact your SLP at \_\_\_\_\_.

Thank you!