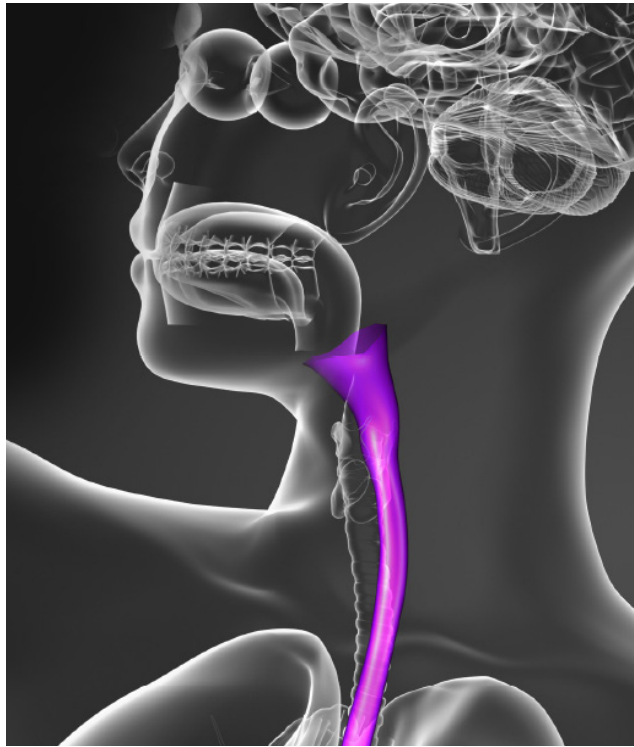


# EFFECTIVE SWALLOWING PROTOCOL (ESP) FOR *Dysphagia Patients*



At ClearSky Rehabilitation Hospital of Weatherford, stroke patients with dysphagia are offered Ampcare's Effective Swallowing Protocol (ESP) to improve quality of muscle contractions and swallowing function.

ESP is a non-invasive treatment that combines neuromuscular electrical stimulation with resistive swallowing exercises and postural strategies. ESP encourages neuroplasticity as patients perform task-specific exercises or activities that are repetitive and resistive.

## Speech therapists at ClearSky Weatherford use ESP to:

- Improve strength of hyolaryngeal elevation
- Stimulate fast-twitch muscle fibers to elicit motor contraction
- Decrease risk for aspiration
- Improve strength of pharyngeal musculature
- Help with oral motor management, such as facial drooping, drooling, or oral pockets
- Treat post-extubation dysphagia (PED) due to disuse atrophy resulting from ventilator support and/or feeding tube support, including COVID-19 patients

Clinical trials have shown that patients with dysphagia due to diminished laryngeal elevation improve at a higher rate with ESP than those who receive traditional therapy. A 30-minute treatment time can provide 60-92 swallowing repetition attempts on average.

  
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