

Disorders of Language, Speech and Swallowing

Table 1. Select compensatory strategies for dysphagia management.

Compensatory Maneuvers	Description	Mechanism
Chin Tuck	The chin is tucked down toward the neck during the swallow, which may bring the tongue base closer to the posterior pharyngeal wall, narrow the opening to the airway, and widen the vallecular space.	Reduce laryngeal penetration. Reduce premature spillage. Reduce pharyngeal residue.
Head Rotation	The head is turned to either the left or the right side, typically toward the damaged or weak side (although the opposite side may be attempted if there is limited success with the first side) to direct the bolus to the stronger of the lateral channels of the pharynx.	Enhance unilateral pharyngeal closure. Enhance opening of the upper esophageal sphincter.
Head Tilt	The head is tilted toward the strong side to keep the food on the chewing surface.	Enhance unilateral pharyngeal closure. Utilize gravity to divert bolus.