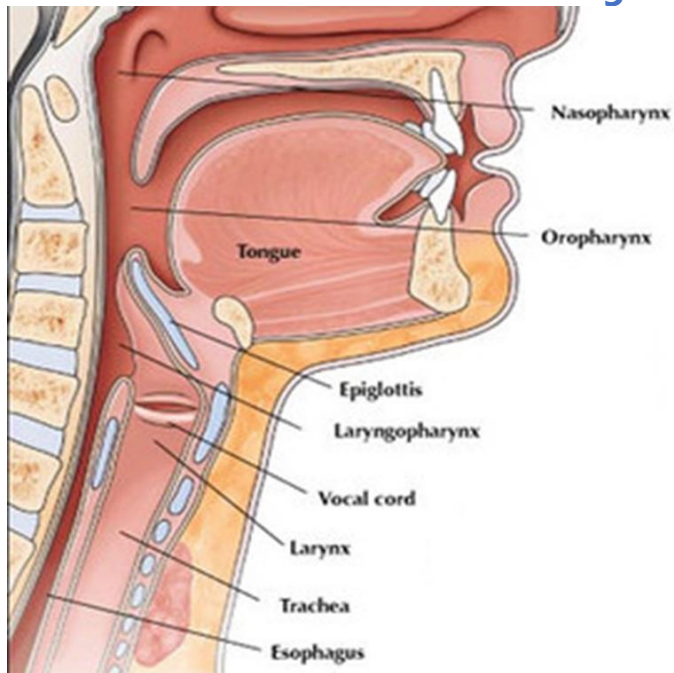


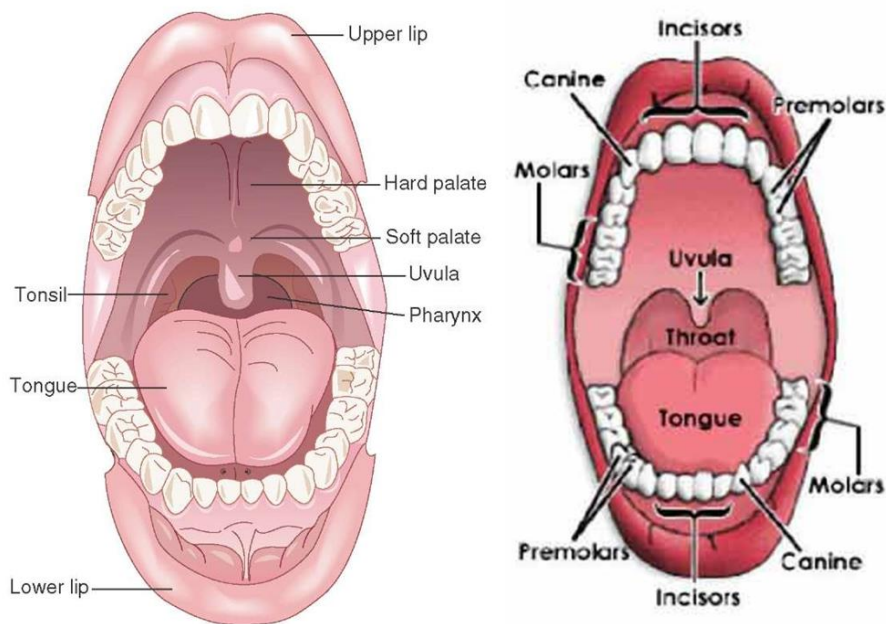
Three stages of swallowing



Three Stages of Swallowing

- Oral
- Pharyngeal
- Esophageal

Choking can occur due to impairment in ANY of the 3 stages.

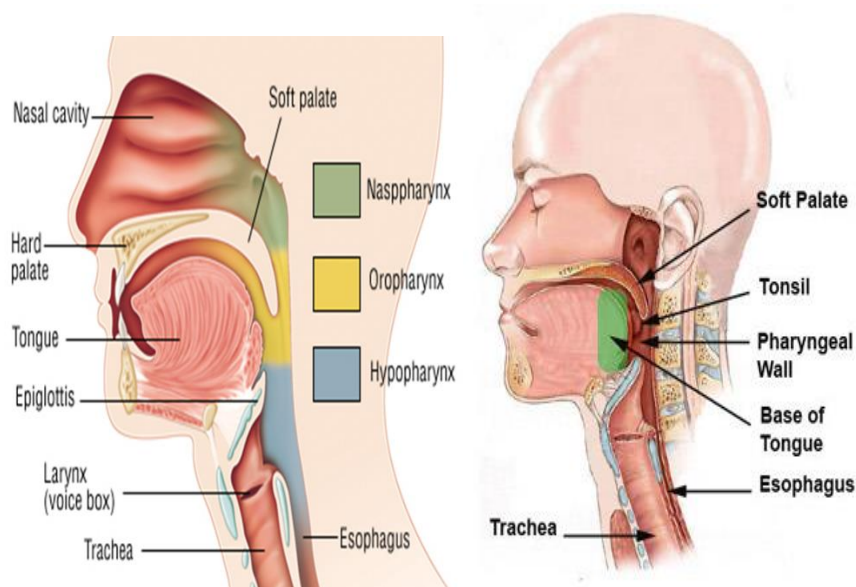


Three stages of swallowing

Oral phase includes:

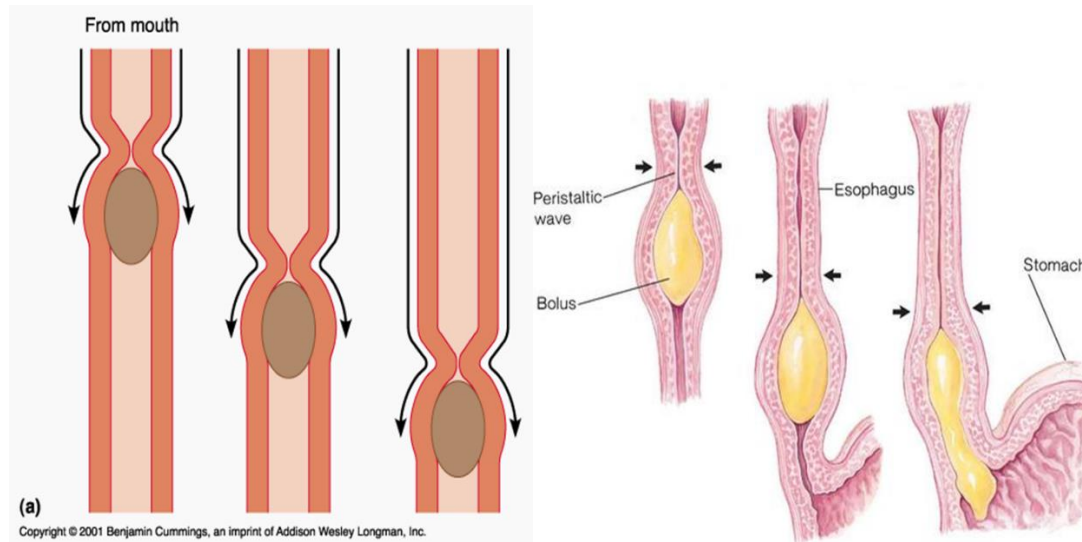
- Teeth ~ Any missing? Loose? Dentures? Have the ability to chew?
- Tongue: Do you have good coordination to control the food? Are the tongue muscles working?
- Jaw: Can the jaw move adequately? Does the jaw have good range of motion?
- The ability to "eat" is natural and instinctual; however, any deficit effecting muscle strength, coordination, good respiratory support, and cognition (the ability to process information and adapt to changes/problem solve), can all determine how "safe" one can manage food and drink.
- Anyone with weakness or areas of concern in the above areas should require extra time and attention during any intake of food and drink

There are actually 3 phases of the Pharyngeal Phase!



- This phase is complex including proper respiratory coordination (breathing ceases), proper functioning of the vocal cords, proper mechanics of larynx and supporting structures, adequate tongue base muscle strength to push the food back, and additional work of other throat mechanics to safely protect the airway (trachea) and direct the food/drink into the food tube (esophagus)
- As you can see, there is ALOT that can go wrong during this phase alone!
- Depending on the disease or weakness of the individual with whom you work or care for, there ARE strategies to use as preventative measures
- A certified Speech-Language Pathologist is a swallowing specialist who can evaluate the Oral and Pharyngeal phases of swallow to determine safest swallow strategies

Esophageal Phase



References

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