

CHEWING AND SWALLOWING INTEGRATION

The groundwork has now been laid for establishing an acceptable chewing and swallowing pattern. We begin with an exercise on general bolus awareness and control, making sure that clean-up swallows are correct as well. From there, various food types are introduced including single- and multiple-bite finger foods, solid-liquid foods, foods eaten with a fork, and difficult foods.

FOOD TRANSFER EXERCISE

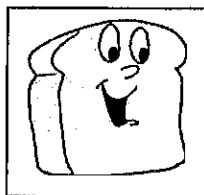
This supplementary exercise is used to master bilateral transfer of food and bilateral chewing skills.

Chew gum with molars only, moving gum from side-to-side. Chew two to three times per side before transferring. (A raisin or other food item may be substituted.)

Criteria: 10 side to side transfers must be accomplished with ease and consistency before proceeding to the Bolus Control and Clean Up Swallow.

BOLUS CONTROL AND CLEAN-UP SWALLOW

(Soft bread, inside of bagel, round tater tots)



1. Put tongue in the 'AH' position. Place a piece of soft bread, bagel without crust, or round tater tot on front part of tongue.
2. Use tongue to move bread to molars, chewing on one side and then the other, until bolus is formed adequately.
3. Use suction movement to form and center bolus at mid-point or slightly behind mid-point of tongue. Check in mirror for correct bolus shaping and placement.
4. Close teeth and lips, and suction. Open lips and swallow.
5. Check tongue in mirror for any remaining food particles. If any are present, do one clean-up swallow and check tongue again. (See below for clean-up swallow.)

Tongue should not come forward of the spot or push food onto your front teeth at any time. Check that no food is on the inside or outside surfaces of your front teeth.