

Expiratory Muscle Strength Training for dysphagia

- Expiratory muscle strength training (EMST) is one type of Respiratory Muscle Training (RMT).
- EMST is an evidence-based dysphagia treatment for certain impairments and patient populations.

How can EMST improve swallowing?

EMST improves airway protection, swallow efficiency, and UES opening by:

- Increasing and prolonging activation of the submental musculature.
- Improving hyolaryngeal elevation.
- Increasing geniohyoid muscle mass.

Who may be a good candidate for EMST?

By impairment:

- Reduced hyolaryngeal elevation.
- Penetration/aspiration during or after the swallow.
- Reduced UES opening.

By condition:

- ALS
- COPD
- Head & neck cancer
- Parkinson's disease
- Stroke

What are two types of EMST training devices?

- Pressure-threshold devices, like the EMST-75 and EMST-150.
- Resistive devices, such as The Breather.

Pressure-threshold devices deliver the intended exercise work-load, because the user has to generate enough force to break the seal on the valve. On the other hand, resistive devices are flow-dependent. This means that the exercise work-load depends on how fast the user is exhaling.

Learn more about EMST and swallowing

- Brooke Richardson on the Speech Uncensored podcast:
<https://bit.ly/3Z5TxGi>
- Dr. Christine Sapienza on the Swallow Your Pride podcast:
<https://bit.ly/41sQUzJ>
- Tutorial by Dr. James Curtis:
<https://www.jamescurtisphd.me/tutorials/cough/emst>
- ASHA's Evidence Maps: <https://apps.asha.org/EvidenceMaps/>
- Dysphagia Cafe: <https://bit.ly/3ISqIr8>
- SLP Research & Review. <https://bit.ly/3IUvFzy>

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- Richardson, B. (Accessed February 2023). *Foundations of Respiratory Muscle Training: Dysphagia Therapy*. MedBridge Education.
<https://bit.ly/3SvvWMA>