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Effects of Mendelsohn Maneuver in Dysphagia: A Literature Review**Anjali Khemlani¹, Vinika Chaudhary², Sonia Pawaria³**

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Abstract

Many serious issues, including pneumonia aspiration, and premature mortality, caused by dysphagia may develop as a result of diseases including stroke, Parkinson's disease (PD), Alzheimer's disease (AD), head and neck cancers, traumatic brain injury, multiple sclerosis. Dysphagia is under-diagnosed and under-treated, which has a disproportionate impact on the elderly and other susceptible patient populations. The reported prevalence of dysphagia was 42% in stroke patients, 36.9% of PD, 27–30 % of traumatic brain injury patients, 30–50% of head and neck cancer patients, 91.7 % of patients with community-acquired. Additionally, over half of all nursing home residents, almost half of all geriatric patients, and around 30% of the elderly living in the community have dysphagia. There are many methods to treat dysphagia cause by several conditions, such as neuromuscular electrical stimulation, shakers exercises, postural positioning technique, lingual exercises, and other maneuvers. Lingual exercises and other maneuvers are more effective in combination therapy on swallowing functions in dysphagia. Mendelsohn maneuver is one of the important methods which has effects on swallowing functions in adjunct therapy, but whether it can be used alone or with other treatment methods is the aim of this review study.

Methodology: A literature review was conducted using MEDLINE, Science direct, The Web of Science, PubMed, SPORT Discus, and Google Scholar. Terms such as dysphagia, Mendelsohn technique, swallowing dysfunctions, and deglutition were used. Any and all scholarly works published between the years 2000 and 2023 were considered for this analysis.

Conclusion: Mendelsohn maneuver is one of the important aspects of treatment protocol for dysphagia patients to improve swallowing functions. It has positive effects on UES opening, laryngeal activation, hyoid displacement, pharyngeal pressure and esophageal pressure which can help to improve swallowing functions in combination of treatments.

Keywords: *Dysphagia, Mendelsohn maneuver, swallowing functions, deglutition.*