

TREATING DYSPHAGIA *with*



NEUROMUSCULAR ELECTRICAL STIMULATION (NMES) AMPCARE AT CLARA BARTON MEDICAL CENTER

What is AmpCare?

AmpCare is a specialized form of neuromuscular electrical stimulation (NMES) that targets the swallow muscles to increase strength and improve swallow function throughout the oral, pharyngeal, and esophageal phases.

How it works:

- Small electrodes are placed on the face and/or neck to stimulate muscle contraction
- Treatment sessions last 30 minutes
- Recommended 2–4 times per week

Who might benefit?

Individuals with dysphagia or trouble swallowing, including those with:

- ✓ Stroke
- ✓ Presbyphagia (age-related swallowing difficulty)
- ✓ Parkinson Disease
- ✓ Traumatic Brain Injury
- ✓ Head & Neck Cancer
- ✓ Other neurological disorders
- ✓ GERD, hiatal hernia, Barrett's esophagus, or other esophageal dysphagia symptoms



COMMON DYSPHAGIA SYMPTOMS

Frequent coughing, choking, or throat clearing during or after meals

Pain during swallowing

Food coming back up shortly after eating

Recurrent respiratory illness or infections

Feeling of food stuck in throat or chest

Wet or gurgly voice after swallowing

Why AmpCare?

Studies show that AmpCare can lead to faster and greater improvement in swallow function compared to traditional swallow therapy alone.

SEND REFERRALS TO:
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