

Abstract

Oropharyngeal dysphagia is a frequent complication of oncological treatment of head and neck cancers. It develops in up to half of these patients. Physiotherapy can greatly contribute to the treatment of dysphagia, reduce its severity and improve the quality of life. It certainly has a place in the rehabilitation of dysphagia. Early diagnostics of dysphagia is essential for the proper setting of the therapy. The interdisciplinary cooperation of the dysphagia team is also important. The thesis deals with the benefits of physiotherapy in the treatment of dysphagia. It explores the use of manual medicine, exercises on a neurophysiological basis and analytical exercises. It evaluates the effect using an endoscopy evaluated by a penetration-aspiration scale, a standardized questionnaire and physiotherapy examination. Physiotherapy enables to increase and maintain the range of movement of the mouth and cervical spine, release the hypertone of the superficial neck muscles, modify the muscle dysbalances of the mouth floor, strengthen the muscles of the tongue, mouth floor and deep throat flexors, restore the mobility of the hyoid gland, modify the posture of the head improved coordination of swallowing movements, ensuring adequate hyolaryngeal elevation and adequate muscle strength of the swallowing muscles, which is necessary for the good course of the swallowing mechanism. Daily autotherapy is also essential.

Keywords

physiotherapy, swallowing, oral floor, oropharyngeal dysphagia, head and neck cancer