

Amyotrophic Lateral Sclerosis (ALS) is a rare, ultimately fatal, neurodegenerative disease. Dysphagia, or difficulty swallowing, is a common symptom that can lead to decreased quality of life and mortality. With no known cure, it is important to find effective treatments for symptom management. These treatments include respiratory muscle strengthening, drug therapy, and tongue force training. This study found that strengthening the muscles involved in expiration will reduce dysphagia most effectively.