

### **Supplemental Material S3. Mendelsohn maneuver sample script.**

#### **Pre-Training Assessment**

"Swallow your saliva. When you swallow, I want you to feel how your throat and Adam's apple squeeze and lifts up during the swallow, and then relaxes back down. Do you feel that? Now I want you to swallow, and when your voice box and Adam's apple get to its highest position, try to keep it there for 3-4 seconds without letting it drop. Do this by squeezing your throat muscles. Ready? Go ahead." Repeat as needed. "How many of those do you think you successfully kept your throat in that high position for 3 seconds before it fell back down?"

#### **Education**

"Now take look at the screen. Here we are looking at your throat. The bottom part of the screen is your tongue, and the top of the screen is the back part of your throat. When you swallow, all of those muscles come together and the camera temporarily whites out. Go ahead and swallow your saliva right now and watch that happen." "Great. So for you, we think that the movements of your swallowing aren't lasting for long enough, and we think that is contributing in part to your swallowing problems. So what we think will be helpful for you is to practice slowing down your swallow by holding out these movements for longer periods of time. Specifically, we want you to learn to swallow but to keep the screen whited out for a few seconds. You won't swallow like this normally. Instead, this type of swallowing practice is meant to work out your muscles. So, the goal of this exercise is to workout your muscles by starting your swallow, squeeze your throat muscles to stop the swallow halfway through, and holding it out for 3-4 seconds to maintain that period of whiteout on the screen. Ready? Let's try."

## **Biofeedback Training**

"Take a look at this screen. Now, swallow your saliva and keep the screen white for 3 seconds. You can count in your head. Ready? Go ahead." Cue patient to swallow, squeeze, and hold. "Did you do it? Let's try again." Repeat as needed. "Did you keep the screen whited out? What did you feel in your throat muscles working hard? Let's try again."

## ***Removal of Biofeedback Training***

"Now let's do the same thing, but this time, do not look at the monitor. Ready? Go ahead." "Did you squeeze your throat muscles and stop the swallow halfway through? Do you think you kept the screen whited out?" Wait for response, then share your feedback. "I agree. That time you swallowed but things opened up a little. I could tell you were trying, but the throat still relaxed a little. Try again, and really work to keep the throat muscles squeezed at the height of the swallow. Let's try it again without looking. Ready? Go ahead." Repeat as needed.

## **Post-Training Assessment**

"Great work today. We are all done with the practice. But let's end with a little test to see well you learned to do this. Do not look at the screen. Let's do five more sips of what we just practiced. Ready? Let's go."