



Dysarthria

Quick recap

The meeting began with an in-depth discussion about dysarthria led by Professor Yasmeen Farooqi-Shaw. The group explored various speech therapy techniques and devices, including LSVT, breath support exercises, and electrical stimulation, while sharing personal experiences with different treatment approaches. The session concluded with discussions about the relationship between ataxia and dysarthria.

Summary

Dysarthria and Stroke Therapy Updates

The meeting began with a conversation about dysarthria, a speech disorder caused by muscle weakness or paralysis. Professor Yasmeen Farooqi-Shaw, from the University of Maryland, was invited to speak about dysarthria, explaining its causes, symptoms, and the complex neural and muscular processes involved in speech.

Dysarthria Symptoms and Therapy Overview

Yasmeen discussed the different symptoms and types of dysarthria, emphasizing the importance of a speech-language pathologist for diagnosis. She explained that dysarthria is a muscular weakness or paralysis affecting speech muscles, and therapy can help improve speech quality. Yasmeen highlighted that while aphasia, apraxia, and dysarthria can co-occur, a speech-language pathologist can differentiate between them through assessments. She also mentioned that LSVT, a well-established therapy technique, is commonly used for dysarthria, and asked if anyone in the group had experience with it.



Speech Therapy Techniques for Dysarthria

The group discussed speech therapy techniques for dysarthria, focusing on LSVT and breath support exercises. Layli shared her experience with an EMST device for respiratory muscle strengthening. Susan mentioned a teenage patient who can only whisper, and Layli offered to help with speech techniques. Yasmeen explained how speech therapy exercises, like the one demonstrated in the video, work to strengthen muscles and improve speech quality. The discussion also touched on the use of oral appliances to help with speech impairments.

Speech Rehabilitation Devices and Therapies

The group discussed various devices and therapies for speech rehabilitation after strokes. Layli explained an EMST device, similar to an inhaler, which helps with speech by strengthening respiratory muscles involved with speech production. Yasmeen presented on electrical stimulation as a therapy for improving speech muscles, though noted mixed opinions and limited research on its effectiveness. The participants shared personal experiences with these treatments, including Nicole's use of electrical stimulation for swallowing difficulties and Shelli's recovery process after her stroke.

E-Stim and Speech Therapy Discussion

The meeting focused on e-stim therapy for speech and motor function, where Yasmeen explained that muscle stimulation only occurs during treatment and the effects are only temporary but “wake up” the muscles. The group discussed singing's benefits for speech therapy, with Yasmeen clarifying that while there's no evidence singing helps voice recovery, it provides emotional support and can aid people with apraxia due to its rhythmic structure. Layli asked about the relationship between ataxia and dysarthria, which Yasmeen explained they are separate conditions, Ataxia affects movements anywhere in the body while dysarthria affects movements involved in speech production only.

Young Stroke Group
Meeting Summary



November 18, 2025