

# Tool builds muscles for swallowing

ANOTHER team from Ngee Ann Polytechnic, together with Singapore General Hospital, has built a device (right) to help patients with swallowing problems.

The tool is strapped to the upper body and helps patients to strengthen their throat muscles by providing resistance to the chin area.

Patients need to use the device only three times a day, doing about 99 chin “nods” daily. The amount of resistance can also be customised using springs with different levels of tension.

With the tool, a patient can perform the exercises independently and in the correct manner, said team member Alvin Lee, 19.

Therapists can also monitor the progress of the patient through an attached electronic device.



PHOTO: LIANHE ZAobao