

# *iSwallow*

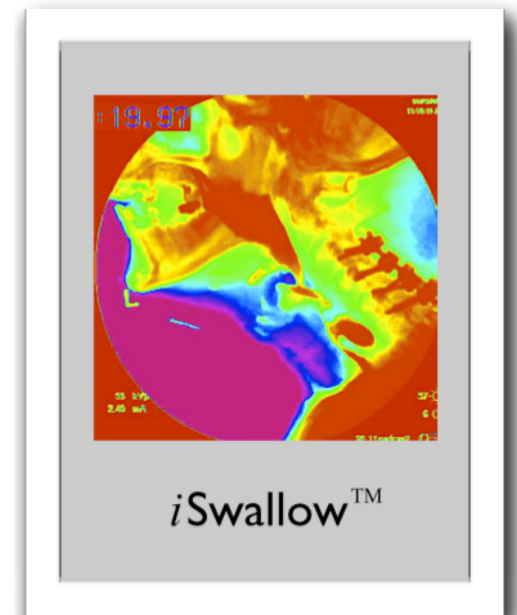
Patient Instructions for Use

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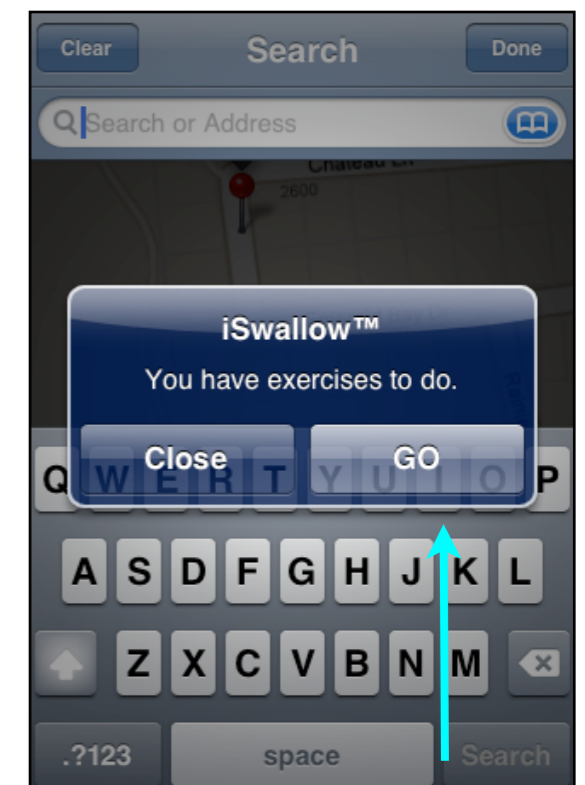
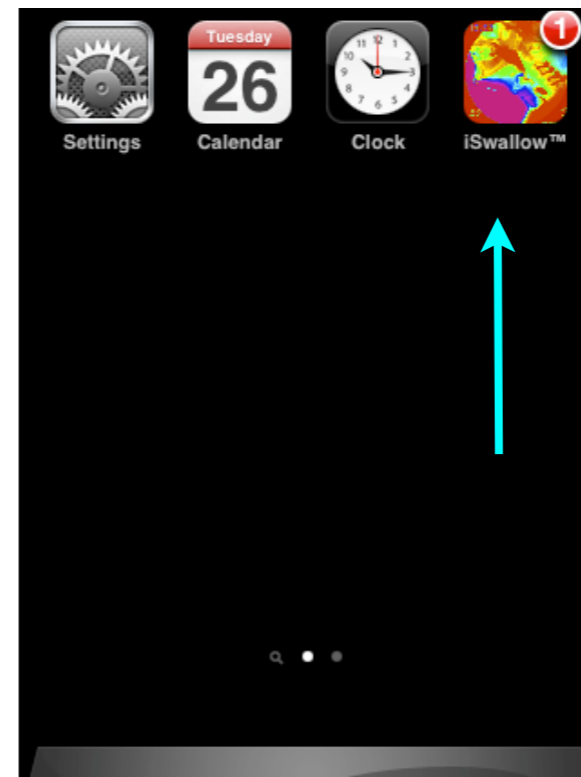
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*iSwallow* is a personal rehabilitation assistant (PRA) that, when used under the supervision of a swallowing therapist, may improve patient outcomes. The purpose of this primer is to educate the patient on the use of *iSwallow*.

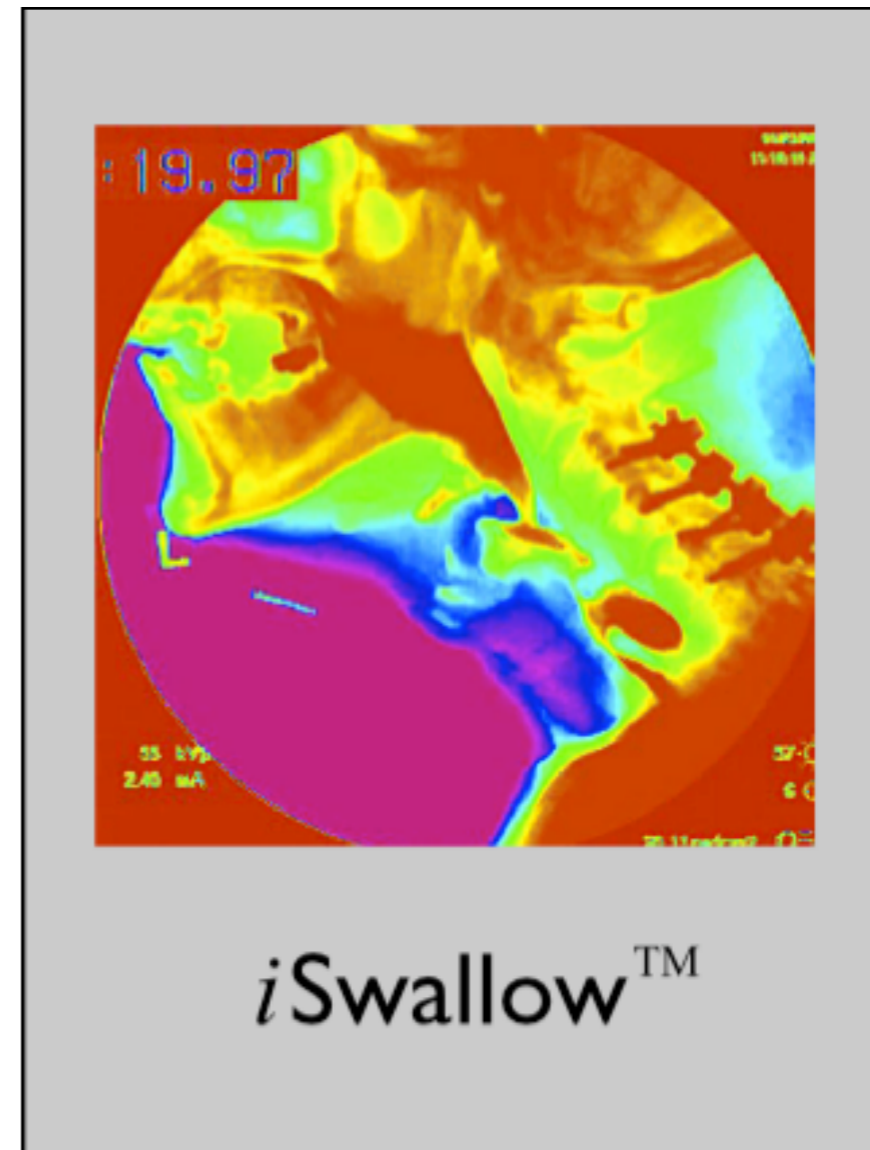
# Step - 1 Open the App

- Click on the *iSwallow* icon to open the app.
- The app may have a number in red on it, which represents the number of overdue exercises scheduled for you by your clinician.
- You may even have an alert that says “You have exercises to do”



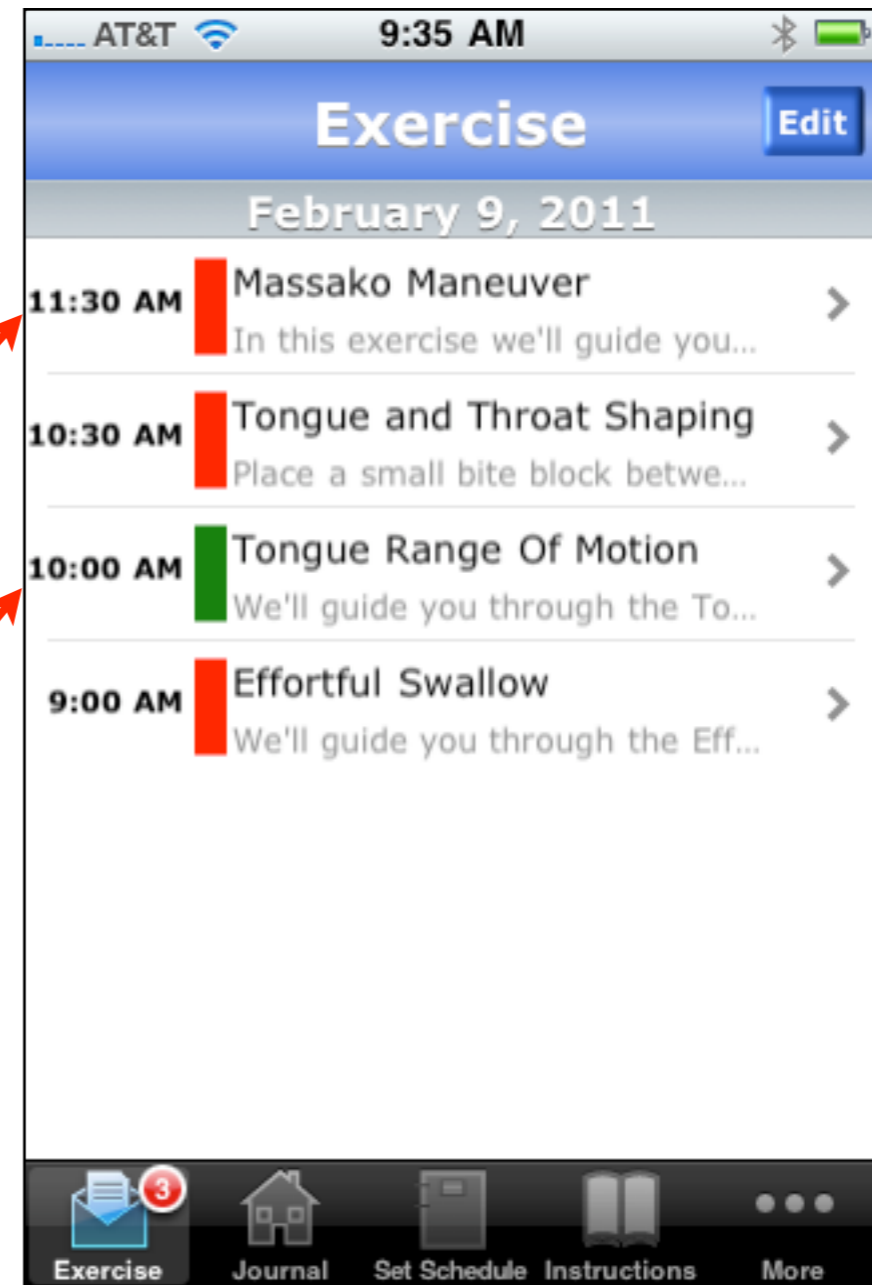
# Wait for the App to Open

- You will see the *iSwallow* splash screen as the application opens



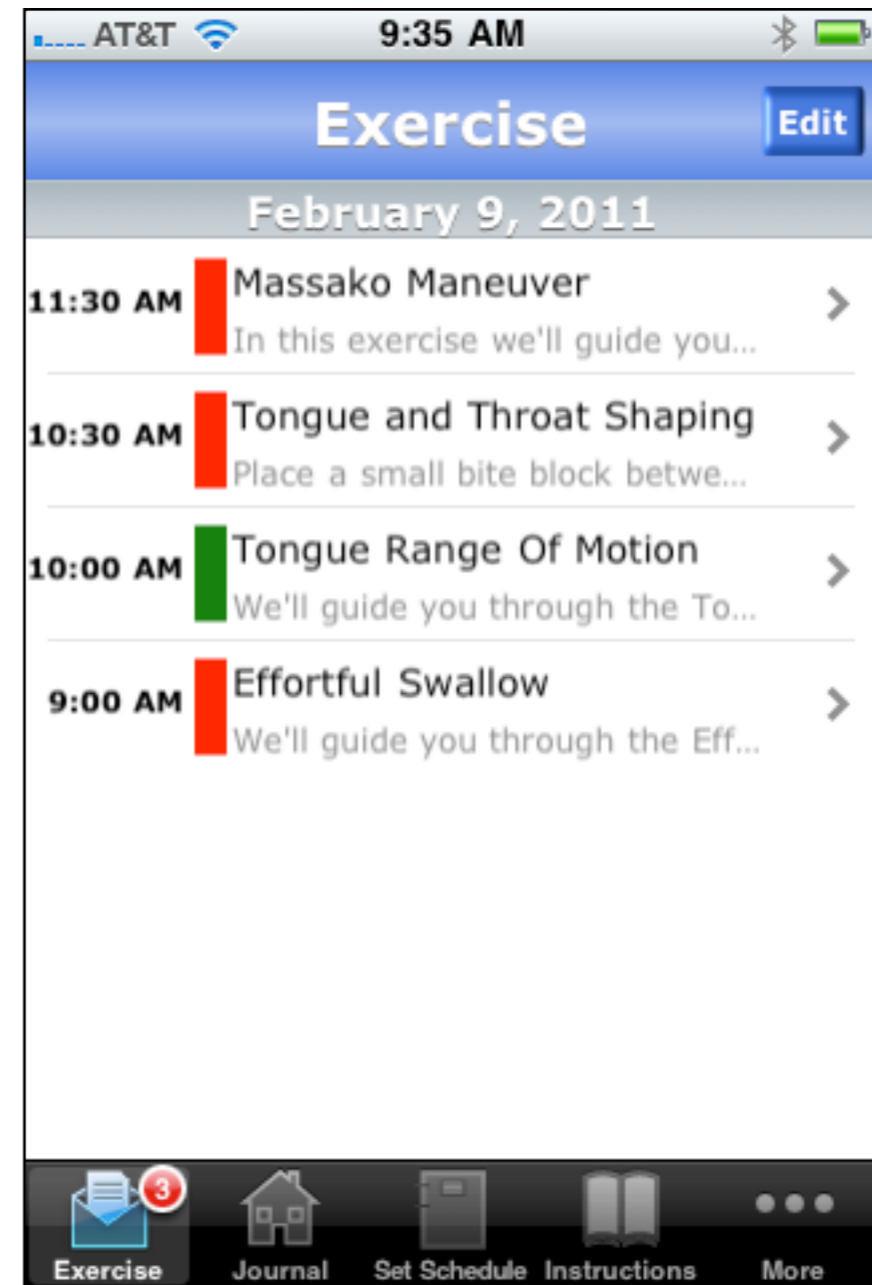
# The Exercise Menu

- You will see the iSwallow Exercise screen showing the exercises that your clinician has prescribed for you.
- The exercises that are overdue have a red bar next to them. The exercises that are scheduled, but not yet due have a green bar next to them



# Select an Exercise

- From the list, select the exercise that you would like to do. For example, the Massako Maneuver



# The Exercises

- For each exercise, you will see a screen with an introductory message. If you wish to have the text in the bubble read out loud, press on the therapist avatar picture. Just touch the picture once. Pushing it twice will pause the audio. Note, this works best with an earpiece.



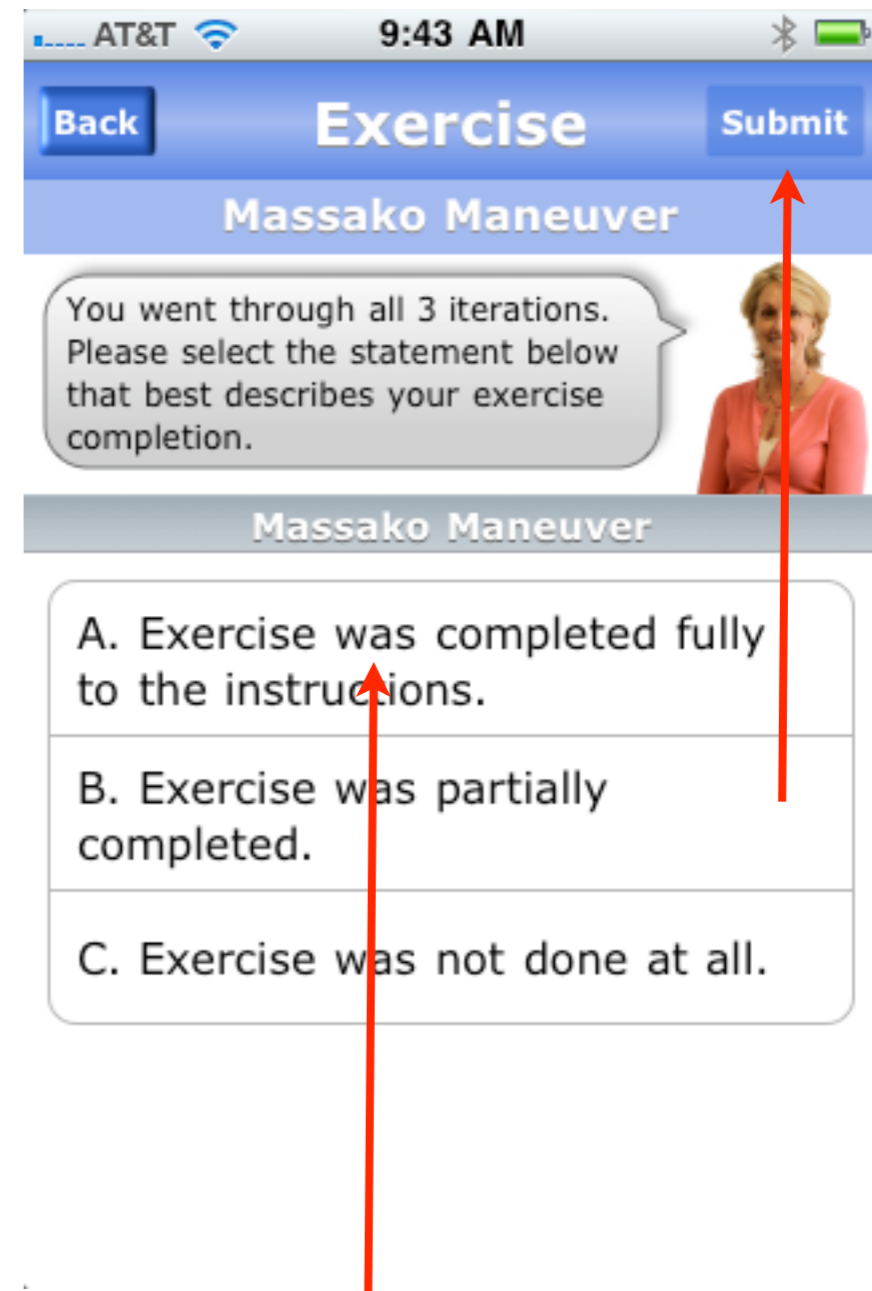
# The Exercises

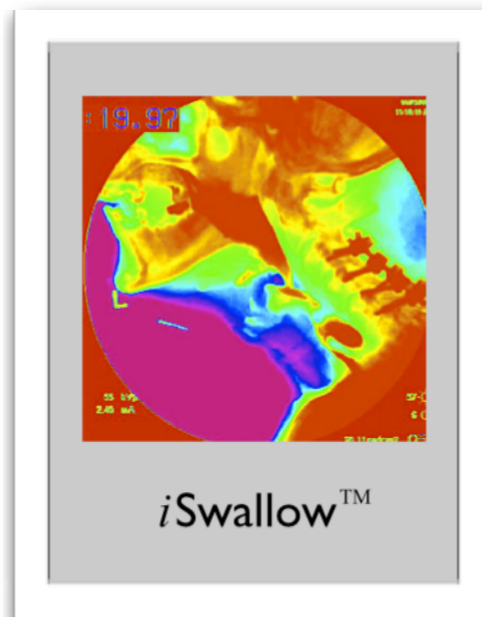
- There is also a [Play Video](#) button that will show you a video of how to perform the exercise. If you need a refresher, watch this video. If not, press Next and follow the instructions for the exercise.



# Complete the Exercise

- When you've completed the prescribed exercise, a compliance screen will appear. Press either A B or C to record information about how much of the exercise you completed, and then press the submit button at the top of the screen.
- You'll be taken back to the main Exercise menu where you should select the next exercise to do.





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