



ESSD 2025 – Pre-Congress Course

Ultrasound in Swallowing Assessment: Principles and Clinical Practice

Athens, 7 October 2025

09:00 – 17:30

Moderators: Emilia Michou & Dimitra Veltsista

Course Introduction

Ultrasound (US) is emerging as a non-invasive imaging modality in the assessment and management of swallowing. It enables dynamic visualisation of orofacial, suprahyoid, and hyolaryngeal structures without radiation exposure or patient discomfort. This **one-day hands-on experience is designed for clinicians and researchers interested in advancing the evidence-based applications of ultrasound in dysphagia assessment and management.** Participants will learn the anatomical landmarks relevant to swallowing, develop basic image acquisition skills, and discuss clinical applications in various populations.

The course focuses on early translation of ultrasound applications into evidence-based clinical practice. Please note that this is not a competency-based training course; attendance will not result in practical clinical certification or readiness. Instead, it aims to explore future possibilities and generate discussion around the integration of ultrasound in dysphagia assessment and intervention.

Program Schedule

Time	Session	Faculty
09:00 – 09:15	Welcome & Introduction	Emilia Michou Dimitra Veltsista
Opening remarks and course objectives. Overview of the rationale behind integrating US in swallowing clinics and research.		
09:15 – 09:30	Ultrasound in Dysphagia: A Clinical Rationale	Emilia Michou
This session reviews the clinical need for real-time, radiation-free imaging in dysphagia assessment. Evidence for ultrasound use across populations will be highlighted		
09:30 – 10:30	Muscle Ultrasound: basics and applications	Dimitra Veltsista
	Ultrasound Anatomy of the Swallowing Mechanism	Emilia Michou

Time	Session	Faculty
	Clinical applications: neuromuscular disorders	Dimitra Veltsista
Detailed review of relevant anatomy including the tongue, floor of mouth, mylohyoid, geniohyoid, and hyoid bone.		
10:30 – 11:00	Coffee Break	
11:00 – 12:30	Hands-On Session 1: Rotate through static	Emilia Michou Dimitra Veltsista and participants
Participants will rotate through scanning stations to learn probe placement, image optimization, and identification of core structures at rest and during movement.		
12:30 – 13:30	Advanced Applications: Dynamic Imaging	Emilia Michou Dimitra Veltsista
Exploration of ultrasound's role in task-based assessment. Clinical protocols and feasibility will be discussed.		
13:30 – 14:15	Lunch	
14:15 – 15:30	Hands-On Session 2: Rotate through static & dynamic imaging	Emilia Michou Dimitra Veltsista and participants
Live swallowing imaging during various bolus tasks. Participants will practice capturing hyolaryngeal movement and swallowing views.		
15:30 – 16:00	Case Studies & Image Review	Emilia Michou Dimitra Veltsista
Review of clinical ultrasound recordings from real patients. Faculty will guide the interpretation of findings.		
16:00 – 16:30	Coffee break	
16:30 – 17:15	Case studies & Image Review	Emilia Michou Dimitra Veltsista
17:15 – 17:30	Wrap-up & Discussion	All
Summary of key points, participant Q&A, and distribution of certificates.		