



**ASHA CE
APPROVED PROVIDER**

**University of Texas MD
Anderson Cancer Center**

Intermediate Level

.15 ASHA CEUs

Pathways and Protocols to Manage Trismus

Available until 12/31/2026

Level: Intermediate

Course Structure:

This course is an asynchronous course, available on-demand. Participants will have the opportunity to complete course requirements via recorded webinar.

Course Description:

This course describes the pathophysiology of trismus and considerations for exercise, medical, and manual therapies for treatment in head and neck cancer survivors. Interdisciplinary protocols from rehabilitation, dental, and speech-language pathology providers will be presented. The MD Anderson Treatment of Trismus (MDATT) pathway will be introduced to integrate standardized evaluation methods with device-facilitated exercise and manual therapies, particularly for high-grade and refractory trismus.

Course Objectives:

1. Describe pathophysiology of trismus in head and neck cancer survivors.
2. Describe radiation fibrosis syndrome as it relates to trismus.
3. Describe medical therapies for trismus in head and neck cancer survivors.
4. Apply exercise and manual therapy principles in trismus management in head and neck cancer survivors.

Agenda:

- 0-5 Introduction (Hutcheson)
- 5-20 Trismus pathophysiology and PMR protocols for management (Stubblefield)
- 20-60 Foundations in exercise principles and manual therapies toward an interdisciplinary framework for trismus: the MDATT pathway (Cardoso, McMillan)
- 60-90 Moderated Q&A with panelists (Hutcheson, Stubblefield, Cardoso, McMillan)

No partial credit will be given for this course.

Completion Requirements:

In order to receive ASHA CEUs, you must complete the following—

1. Watch the webinar in full, which will be monitored through the website.
2. Complete a post-course evaluation and survey within 48 hours of watching the webinar in full.
3. The post-course assessment will include a multiple-choice test, which must be completed with 100% accuracy. The learner will have unlimited attempts.

[Link to Post-Course Evaluation](#)

Policies: Please see home page

Bios/Disclosures:

Dr. Kate Hutcheson, Ph.D.

Dr. Kate Hutcheson is a tenured Professor and Deputy Director of Clinical Research in the Department of Head and Neck Surgery with dual appointment in the Division of Radiation Oncology at the University of Texas MD Anderson Cancer Center. She serves as Section Chief and Research Director for the Section of Speech Pathology and Audiology. Dr. Hutcheson is a certified speech-language pathologist practicing in oncology for 19 years, a Board-Certified Specialist in Swallowing and Swallowing Disorders (BCS-S) and holds a Doctorate Degree in Epidemiology. She leads an internationally recognized, extramurally funded clinical research program. She has authored over 175 journal articles with funding support from the National Institutes of Health, Patient Centered Outcomes Research Institute, the MD Anderson Institutional Research Grant Award program, and the CPRIT UT Health Innovation Training Program. She is an Associated Editor for the Head and Neck and Dysphagia journals. She is a passionate clinician and educator who lectures nationally and internationally on radiation associated dysphagia and head and neck cancer rehabilitation.

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Dr. Michael Stubblefield, MD

Dr. Stubblefield is the former Chief of Cancer Rehabilitation at Memorial Sloan-Kettering Cancer Center. He now serves as Medical Director of Cancer Rehabilitation at Kessler Institute for Rehabilitation, and National Medical Director for Select Medical's ReVital Cancer Rehabilitation Program. He is a Clinical Professor in the Department of Physical Medicine and Rehabilitation at the Rutgers New Jersey Medical School. He is board certified in Physical Medicine and Rehabilitation (PM&R), Internal Medicine, and Electrodiagnostic Medicine. His primary clinical expertise is in the identification, evaluation, and rehabilitation of neuromuscular, musculoskeletal, pain, and functional disorders resulting from cancer and its treatment, particularly those caused by radiation and neurotoxic chemotherapy. Dr. Stubblefield is an accomplished researcher who has published extensively, not only in the rehabilitation literature, but in oncology, pain management, palliative care, neurophysiology, and other journals. He has authored numerous review articles and book chapters in the field of cancer rehabilitation and is the editor of *Cancer Rehabilitation: Principles and Practice*, the only comprehensive textbook in this emerging field now in its second edition. Dr. Stubblefield is a fierce advocate for the development of cancer rehabilitation and survivorship programs and champions their role in restoring function and quality of life to cancer patients.

Disclosures: Dr. Stubblefield is employed by Kessler Institute for Rehabilitation and receives a salary. He has no relevant non-financial relationships to disclose.

Dr. Richard Cardoso, DDS

Dr. Cardoso is an associate professor in the Department of Head and Neck Surgery, Section of Oral Oncology and Maxillofacial Prosthodontics at The University of Texas, M.D. Anderson Cancer Center. Dr. Cardoso is a Fellow of the American Academy of Maxillofacial Prosthetics and the American College of Prosthodontics. His clinical interests include implant oral and facial prosthetic rehabilitation and reduction of the oral morbidities of cancer therapy.

Disclosures: Dr. Cardoso is employed by MD Anderson Cancer Center and receives a salary. He has no relevant non-financial relationships to disclose.

Holly McMillan, MCD, CCC-SLP

Ms. McMillan is a Senior Speech Language Pathologist and Co-Director of Trismus Clinic at the University of Texas MD Anderson Cancer Center. She is a doctoral student at the University of Texas School of Public Health, a licensed massage therapist, and certified lymphedema therapist with expertise in oncology and head and neck cancer rehabilitation. Ms. McMillan serves as lead clinician on, and active NIH funded clinical trial examining manual therapy for late effect dysphagia and is a collaborator on several NIH funded clinical trials in head and neck cancer survivorship.

Disclosures: Ms. McMillan is employed by MD Anderson Cancer Center and receives a salary. She has no relevant non-financial relationships to disclose.