



Intention-to-treat analyses were performed using appropriate statistical methods (Wilcoxon Rank Sum Test; Kruskal-Wallis Test). No significant between-group differences were found 12 months post-CRT on the Functional Oral Intake Scale (FOIS) and the Performance Status Scale for Head and Neck Cancer Patients (PSS-H&N). Poor adherence to exercise by the experimental group may account for these null findings. Only 31% of pretreatment exercisers were adherent to



pretreatment exercise is to improve physiological function, therefore, direct measures of swallowing ability provide fundamental insight into their effectiveness. Unfortunately, limited availability, expense, and inherent risk to participants may preclude the use of instrumental assessment in many research studies (Agarwal et al., 2011).

Finally, clinically relevant descriptive statistics were consp

