

Shaker's Exercise

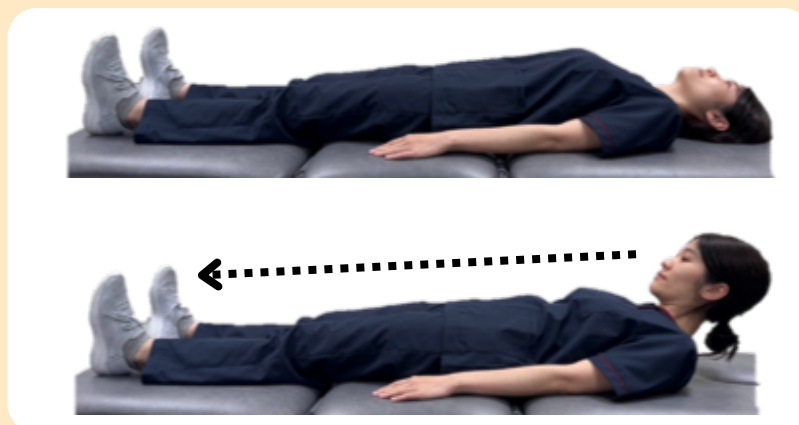
Shaker's Exercise (Sustained)

Aim

To strengthen the muscles below the jaw. These muscles help to move the larynx for airway closure and open up the food pipe.

Instructions

1. Lie flat on your back and place both hands by your side. Relax your shoulders.
2. Lift your head up to tuck your chin towards your chest. Look at your toes.
3. Hold this position for _____ seconds.
4. Lower your head and relax for _____ seconds.
5. Repeat this _____ times.
6. Do this _____ times a day.



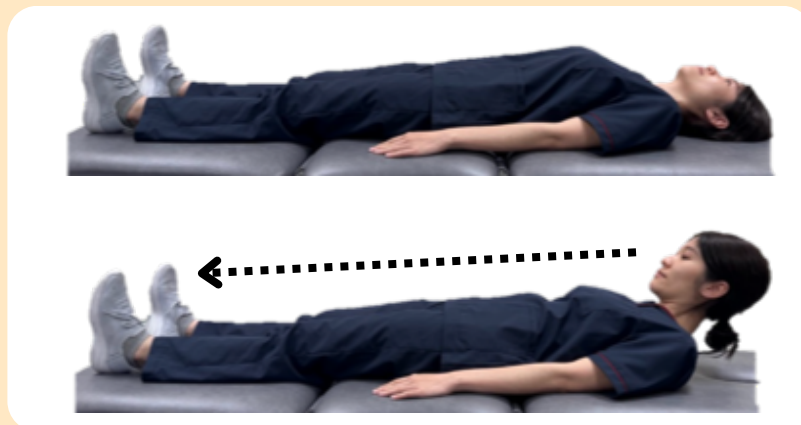
Shaker's Exercise (Repeated)

Aim

To strengthen the muscles below the jaw. These muscles help to move the larynx for airway closure and open up the food pipe.

Instructions

1. Lie flat on your back and place both hands by your side. Relax your shoulders.
2. Lift your head up to tuck your chin towards your chest. Look at your toes. You do not need to hold this position.
3. Lower your head and relax for _____ seconds.
4. Repeat this _____ times.
5. Do this _____ times a day.



Contributed by Speech Therapy, Rehabilitation, Allied Health Services

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