

Modified Shakers' Hyolaryngeal Exercise

Objective

Strengthens the throat muscles (suprahyoid muscles) to improve the safety of swallow.

Instructions



1. Sit straight and relax.
2. Put your thumbs under your chin.
3. Push your chin down against your thumbs.
4. Hold for 1 minute. Repeat this 3 times.

Next,

Hold for 1 second, but repeat 30 times.



Special note:

- You should feel the front of your neck exercise
- You should not feel pain at the back of your neck
- **DO NOT** push your head forward