

Modified Shakers' Hyolaryngeal Exercise

Objective

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

Instructions



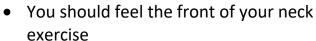


- 1. Sit straight and relax.
- 2. Put your thumbs under your chin.
- 3. Push your chin down against your thumbs.
- 4. Hold for 1 minute. Repeat this 3 times.

Next,

Hold for 1 second, but repeat 30 times.





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

