About this exercise
Shaker exercises are used to help lift your voice box, also called your larynx. They help to widen the muscle called the esophageal sphincter at the top of your esophagus or windpipe.

• You need to lie on your back for these exercises. You can do them in bed or lying on the floor or other firm surface.
• Rest on your back with your arms by your sides. Your legs should be straight and relaxed.
• Breathe slow and steady while doing these exercises. Holding your breath may put more stress on your heart.

Exercises

1. Head Lift and Hold
   • Keeping your shoulders flat, lift only your head and neck to look down at your toes.
   • Hold for 1 minute then put your head back down.*
   • Repeat 2 more times, relaxing for 1 minute between each repetition.

If this is too difficult, your speech language pathologist can suggest ways to change this exercise to make it easier.

2. Head Lift and Lower
   • Lift your head up to look toward your toes and then put your head back down. Think of it as doing a sit up with your head.
   • Repeat 30 times.*
   • Relax.

*Note:
Your therapist may change the exercises to fit your needs. Try to work up to the hold times and number of repeats your therapist suggests. Aim to do the exercises 3 times each day if possible.
If your neck is sore
Your neck may be sore for the first few times you do these exercises. It should get less as your body adjusts. Ask your doctor or therapist for neck stretching exercises to help ease the soreness.

Although the exercises might make your neck sore, they should not cause pain. Tell your therapist if you are having pain while doing these.

Stop right away if
Stop the exercises right away and tell your doctor or therapist if you:

• Feel light headed
• Become short of breath
• Get a headache
• Feel back or neck pain