

Shaker

Position: Lie down on your back against a flat surface like the floor or your bed. Make sure to keep your head and shoulders flat against this surface. Do not use a pillow or towel underneath your head.

Repetitions: 3x

Sets: 3x

Frequency: 3x/day



Step 1: Tilt your chin towards your chest. Hold this position for 60 seconds. Rest for 1 minute.



Step 2: Tilt your chin up towards your chest again, but this time hold this position for only 2-3 seconds before resting your head back down on the ground. Repeat this motion 30x. Rest for 1 minute.

Repeat the above exercises until you have completed both part 1 and 2 a total of three times each.

Please immediately stop any exercise should you feel new discomfort & notify your speech-language pathologist or doctor.

Video Link:

<https://youtu.be/I4QtIS9YgPA>