

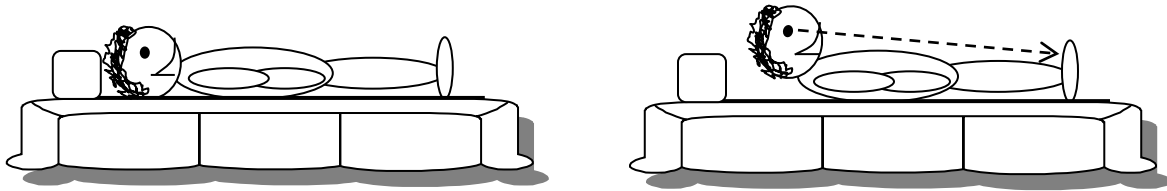
## Shakers' Hyolaryngeal Exercise

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### Objective

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

### Instructions



1. Lay flat on your back with your arms by your side.
2. Lift only your head to look at your toes.
3. Hold for 1 minute, then lower your head and relax. Repeat this 3 times.

Next,

Hold for 1 second, but repeat 30 times.