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# Shaker Exercise (Head-lifting)

## Goal

- \* To strength the muscles that left the hyoid bone, which left the larynx upward and forward and open the upper esophageal sphincter:
  - Anterior belly of digastric
  - Mylohyoid
  - Geniohyoid

## Objective

- 1) Sustained Head-lifting exercise → the patient will perform sustained head lift maneuver for 60 seconds 3x/day for 4-8weeks.
- 2) Repetitive Head-lifting exercise → the patient will perform repetitive head lift maneuver for 30 times and rest a minute, 3x/day for 4-8weeks.

## Therapeutic Procedure Steps

### ***Sustained Head-lifting exercise***

1. Lie flat on your back with no pillow under your head.
2. Lift your head to look at your toes.
3. Keep your shoulders flat against the bed or floor
4. Your head should remain lifted for 60 seconds.
5. Release and rest for one minute
6. Repeat it three times a day

### ***Repetitive Head-lifting exercise***

1. Lie flat on your back with no pillow under your head.
2. Repetitively lift your head to look at your toes
3. Keep your shoulders flat against the bed or floor
4. then, let your head go back down.
5. Repeat steps 3&4, 30 times
6. Rest a minute.
7. Repeat it twice (total of 90 “sit-ups”).



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