

Shaker Technique: Part 1

- also called the “Head lift”

STEPS:

1. Lay on the bed flat
2. Keep your shoulder on the bed/mat
3. Raise your head and look at your toes
4. Hold

GOAL:

- hold this position for 60 seconds, 3 x/day

Indicated for pt's with reduced AP movement for the hyolaryngeal complex. The hyoid and larynx are not lifting/movement forward to the extent needed in order to open the upper esophageal sphincter. This results in residue in the pyriform sinuses, placing the pt at risk to aspirate this material.

Shaker Technique: Part 2

STEPS:

1. Lay on the bed flat
2. Keep your shoulder on the bed/mat
3. Raise your head and look at your toes
4. Second part of this exercise in a repetitive motion
5. Pt raises head to look at the chin and lowers the head back to the bed
6. Repeat this 30 times

GOAL:

- 3 sets of 30 per day