

Shaker

Position: Select a flat surface like the floor or your bed and lie down against this on your back. 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

The Shaker is a two-part exercise. Alternate Part 1 and 2 three times. Please make sure you are taking 1-minute rest breaks between each repetition.

Part 1:

Tilt your chin towards your chest. Hold this position for 60 seconds.

Rest for 1 minute

Part 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

***Tip:** Your head should be in a slightly elevated position while tilting your chin towards your chest



Video Link: <https://youtu.be/l4QtIS9YgPA>

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