

Swallowing exercises:

Shaker laryngeal lift (pharyngeal strengthening)

This leaflet is for patients who are experiencing swallowing difficulties and have been advised to complete the Shaker laryngeal lift exercise for rehabilitation. This exercise should only be used by the individual named below and under guidance from your speech and language therapist.

Patient name: _____

Why do I need to do this exercise?

Dysphagia can make it difficult to eat, drink and take your medication and you may be at risk of food, fluids or saliva 'going down the wrong way'. If this happens, it can result in choking and/or chest infections known as 'aspiration pneumonia'. The below exercise has may help to improve your swallowing.

The exercise

When you swallow, the strap (infrahyoid) muscles move your voice box (larynx) up and forward to protect your airway from any food and drink. This exercise is designed to help increase the strength and flexibility those muscles in your throat. You should feel effort when doing this exercise, but **STOP** if you experience any pain. Please raise any concerns you have with your speech and language therapist, physiotherapist or doctor. **NB: DO NOT DO THIS EXERCISE IF YOU HAVE A SORE OR STIFF NECK OR HEART PROBLEMS.**

Please complete ___ times per day for ___ weeks.

How to complete 'Shaker laryngeal lift' exercise:

- Lie flat on your back with your shoulder blades and buttocks in contact with the bed/floor. Do not use a pillow under your head.
- Lift your head only to look at your feet, imagine trying to hold a tennis ball under your chin. Perform a series of three 60 second head lifts, each followed by 60 seconds of rest.
- Next perform 30 head lifts with no rest between, if possible.
- Please note: if this is too uncomfortable try sitting in an upright position. Roll up a small towel and hold it under your chin and squeeze down. Repeat as above.

Contact details:

Speech and Language Therapy Department – 0118 322 5205 Monday to Friday.

Email: rbft.speechlanguage@nhs.net

Week 1	Reps
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	

Week 2	Reps
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Week 3	Reps
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Week 4	Reps
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Week 5	Reps
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Week 6	Reps
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Please ask if you need this information in another language or format.

Speech & Language Therapy, July 2023. Next review due: July 2025

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