

## **8 Exercises to Strengthen the Esophagus and Minimize Dysphagic Symptoms**

These special breathing exercises can be learned and practiced in order to improve the condition of the esophagus as well as to lessen or eliminate the effects of dysphagia.

1. Blow out as slowly as possible (five repetitions)
2. Blow into a balloon and inflate as much as possible
3. Blow into a pinwheel to create movement
4. Blow into a straw to create bubbles in water
5. Say or repeat, out loud one word at a time (automatic sequences: counting 1-10, days of the week, months of the year, etc.)
6. Shrug shoulders with inhalation, lower shoulders with exhalation
7. Raise chin with inhalation, lower chin toward neck with exhalation
8. Raise arm with inhalation, lower arm with exhalation (use one or both arms)

## **4 Yoga Exercises to Relax the Body and Esophageal Region**

These yoga exercises are designed to have a relaxation effect on the entire body, including the esophageal region, which benefits from maintaining a relaxed state.

1. Sit in a comfortable upright position, which will automatically focus breathing on the diaphragm and lead to a positive state of relaxation
2. Sit in the “Thinker’s Position” in a chair or on the edge of a bed, placing head in hands, elbows on knees, and feet on the floor
3. Sit in a chair with both hands resting slightly above the hips with elbows slightly back
4. Sit in a chair with arms comfortably folded and eyes closed, while consciously taking slow, relaxed breaths

Collectively, these breathing and relaxation techniques are designed to maximize wellbeing while minimizing dysphagic effects.