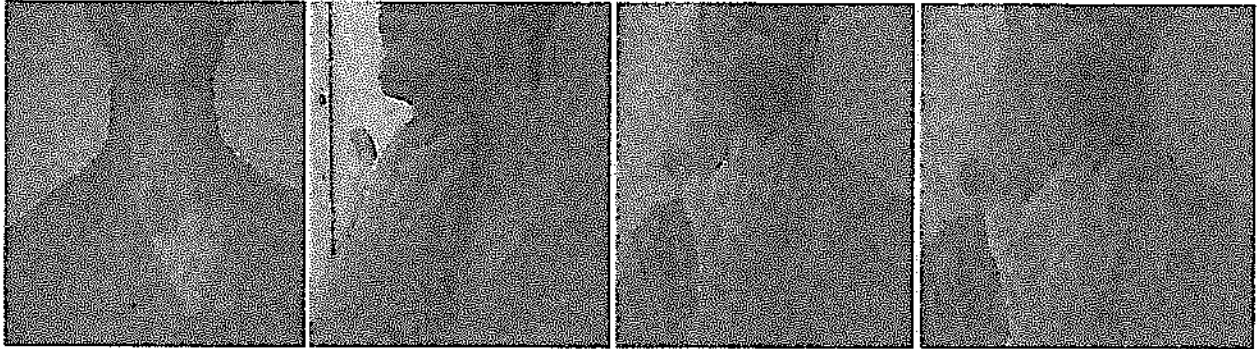


Throat Exercises for ACDF



Pull your throat contents from (left to right **OR** right to left) for 10 seconds, 10 times in the morning, 10 times in the afternoon and 10 times in the evening every day until the day of surgery.

This will minimize the stress on your neck during surgery and can help reduce the risk of difficulty swallowing after surgery.

The images above show the throat contents being pulled from left to right - please note what Dr. Patel's preference is for you regarding these exercises.