

Laryngectomy Exercise Video Narration: Dr. Vernon Smythe

(INTRODUCTION)

These people going about their daily business all have one thing in common. They are all laryngectomees. The man (playing golf with his friends), the woman (painting) and even the man (building furniture in his garage) prove that laryngectomees can and do live full and active lives. These people have managed to deal successfully with the after-effects of their surgical procedures. They have returned to doing many of the things they have always enjoyed.

The laryngectomy surgery that you have undergone, (or will be undergoing), causes damage to important muscle tissue. In medical terms, we say the cutting through of the muscle tissue directly results in a loss of function in the neck, shoulder and arm—particularly following neck dissection. The damaged muscle material is, however, highly repairable. In everyday language, that means there's something you can do about it.

If you allow your body to adjust to your post-surgical condition, following a laryngectomy, you'll only encounter more pain in the long run. Your neck and shoulders will become stiff and immobile. You may find yourself with a "wryneck" or drooping shoulders. Even simple movements will cause painful muscle spasms, making your daily tasks unbearable and, often, completely unmanageable.

(ON CAMERA) Hello. I'm Doctor Vernon Smythe. I'd like to show you how you can avoid living with pain following your procedure. As a laryngectomee, myself, I understand what it means to undergo a laryngectomy. As an orthopedic surgeon, recently retired from practice, I also understand the role therapeutic exercise can play in speeding up the recovery process. That's why I'd like to share *with you* a few special exercises designed specifically *for you*, the recovering laryngectomee. Give them a try. You'll find your condition will improve quickly, and you'll soon return to an active, productive lifestyle.

Watch while volunteers from the Orange County Lost Chord Club demonstrate this series of exercises designed to decrease your pain and stiffness while they help you increase your neck and shoulder motion. These are easy exercises that you can do comfortably, at home. You'll want to try them, yourself, as soon as you can, following your surgery.

Approach these exercises carefully. Mild pain and discomfort are to be expected, at first. If, however, you feel extreme pain or extreme pain and tingling, stop and consult a health care provider immediately. It is important that you don't force any motion, remain in one position for too long or remain in any uncomfortable position. Breathe normally. Make sure you move smoothly. Rapid or jerky repetitive motions can cause additional strain. These exercises are designed to help you, not to cause you more discomfort.

CLIENT	MONITOR VIDEO PRODUCTION
MEDIA	PATIENT INFORMATION VIDEO