

## **Clinician Notes**

#### **VOICE EXERCISES**

Perform exercises as instructed and demonstrated by your therapist.

# **Vocal Fold Adduction Push (Hand)**

SETS: 3	REPS: 10	DAILY: 1	WEEKLY: 7
---------	----------	----------	-----------



#### **Movement**

Clasp your hands together in front of you with palms touching. Inhale, then squeeze your palms together while you count to three.

# **Vocal Fold Adduction Pull (Hand)**

SETS: 3	REPS: 10	HOLD: 7 SECS	DAILY: 1
WEEKLY: 7			



#### **Movement**

Clasp your hands together in front of you with your finger tips touching. Take a breath. Pull your hands outward, and sustain "AHHHH" as loud as you can for 7 seconds

## **Vocal Fold Adduction Pull (Table)**

CETC: 2	DEDC: 10	DAIL V· 1	WEEKI V. 7



#### Movement

Rest your finger tips under the edge of a table ledge. Take a breath. Pull up on the surface to create pressure. Count to 10 while pulling up.

MEDBRIDGE

Disclaimer: This program provides exercises related to preventative maintenance OR to your condition that you can perform at home. As there is a risk of injury with any activity, use caution when performing exercises. If you experience any pain or discomfort, discontinue the exercises and contact your healthcare

Date printed: 11/21/2023 Page 1

# **Vocal Fold Adduction Push (Wheelchair)**

SETS: 3 REPS: 10 DAILY: 1 WEEKLY: 7



### **Movement**

Rest your palms on the arms of a wheelchair. Take a breath. Push down on the surface to create pressure. Count to 10 while you push.

Date printed: 11/21/2023 Page 2