

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
----------------	-----------------	-----------------	------------------

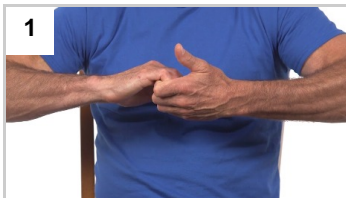


Movement

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			

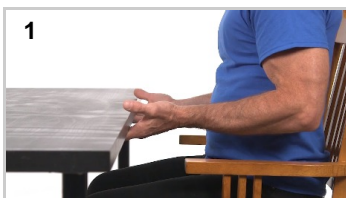


Movement

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)

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

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.