

EXERCISES TO INCREASE AIRWAY CLOSURE

Complete numbers 1, 2, and 3 listed below. Do them three times in sequence. Do the entire sequence 5 to 10 times a day for one week.

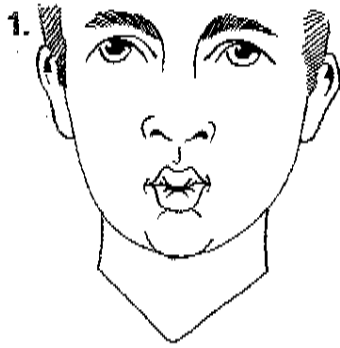
1. Seated in a chair, hold your breath as tightly as possible while pushing down or pulling up on the chair with both hands for 5 seconds.
2. Bear down against a chair with only one hand and produce a clear voice simultaneously (use a vowel sound). Repeat 5 times.
3. Repeat "ah" 5 times with hard glottal attack on each vowel.

After one week, try the following variations:

1. Pull or push on a chair with both hands while prolonging phonation.
2. Begin phonation on "ah" with a hard attack and sustain the phonation with a clear, smooth vocal quality for 5 to 10 seconds.
3. Practice a "pseudo" supraglottic swallow:
 Take a breath
 Hold it
 Cough as strongly as possible

Sequence of supraglottic swallow

1. Take a breath.
2. Hold breath while swallowing.
3. Release the breath with a cough to expectorate residual material.

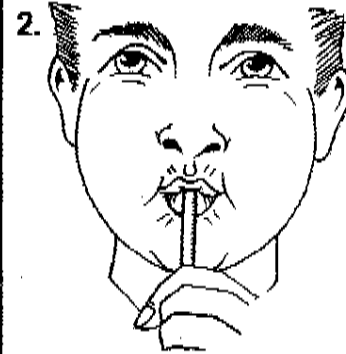


1. Purse lips, pucker and say OOO.....

___ Times

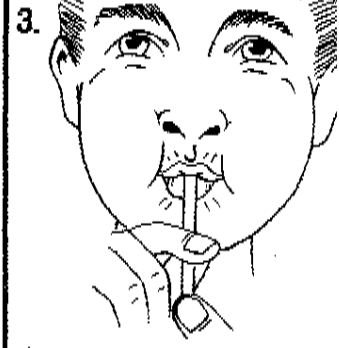


.....Smile and say EEE



2. Blow air through straw while puffing up cheeks as much as possible.

___ Times



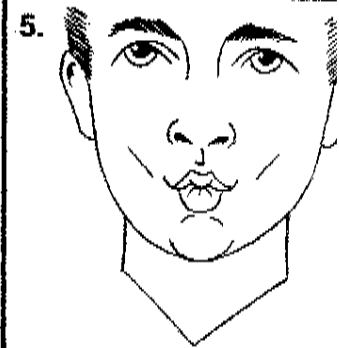
3. Same as 2. Stop air by placing finger on the opening in straw, for a moment.

___ Tin



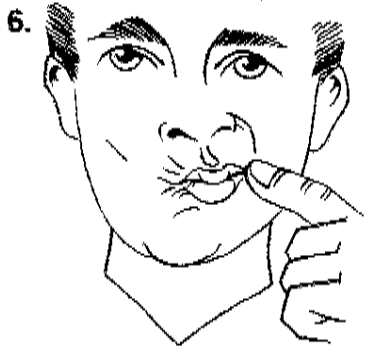
4. With cheeks puffed, try to push air out with your finger.

___ Times



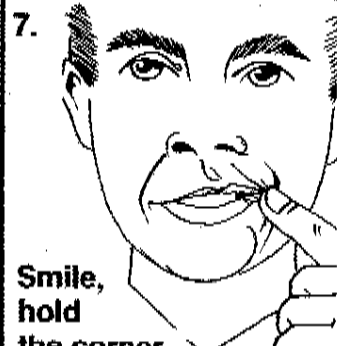
5. Pucker your lips and make a kissing sound.

___ Tin



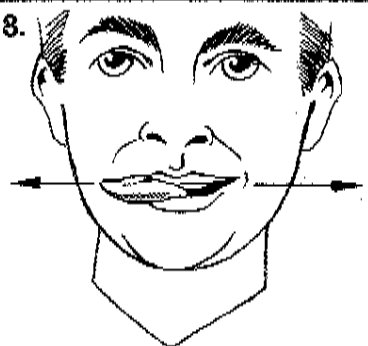
6. Pucker lips and try to pull apart (right) Repeat on left side.

___ Times

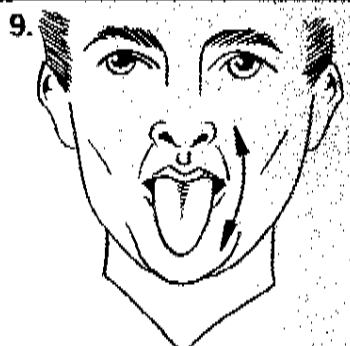


7. Smile, hold the corner of mouth (right) and try to pucker your lip. Repeat on left.

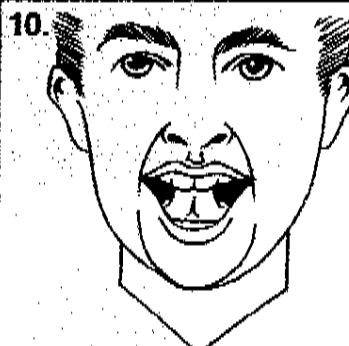
___ Tim



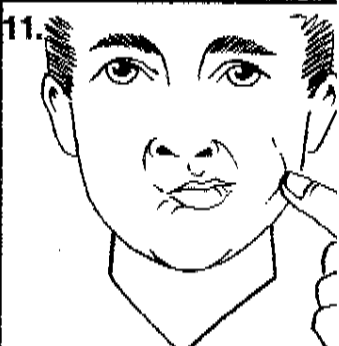
8. Move your tongue from corner to corner.



9. Move your tongue up and down.



10. Place tongue tip on roof of mouth



11. Put tongue in cheek, push out with finger