Vocal Function Exercises for Normal Voice: Effects of Varying Dosage
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Vocal Function Exercise Program

The following four exercises are performed twice daily (morning and evening) the prescribed number of times (according to dose) for 6 weeks.

Exercise 1: Warm up exercise- sustain vowel /i/ as long as possible
  • Females on musical not F above middle C
  • Extreme forward focus “almost but not quite nasal”
Goal- sustained /i/ equal to vital capacity/ 80 mL/s (which calculates physiologic goal).

Exercise 2: Stretching exercise- glide upward from lowest to highest note on the word “knoll”
  • Extreme forward placement, open pharynx, and sympathetic lip vibration
  • Continue the stretch even after phonation has stopped
Goal- No voice breaks

Exercise 3: Contracting exercise- glide downward from highest to lowest note on the word “knoll”
  • Open pharynx, slow, no growl at the bottom, no muscling of the tone
Goal- No voice breaks

Exercise 4: Low impact adductory power exercise- sustain the musical notes C-D-E-F-G for as long as possible on the word “knoll” without the “kn”
  • Females on middle C
  • Open pharynx, lip vibration
Goal- sustained /i/ equal to vital capacity/ 80 mL/s

Instructions
  • Produce all exercises as softly as possible with engages voice (not breathy). No hard glottal attacks at voice onset.
  • Tone placement should be forward with an open pharynx and constricted, vibrating lips (inverted megaphone shape).
  • Specific speech stimuli (knoll, oll) are selected to help achieve proper placement and pharyngeal opening.
  • The tone should not be muscled at the larynx; rely on interaction between abdominal contraction and breath support.
  • Practice consistency is encouraged; the participant charts progress on a graph, record sheet, or using a phone application. Audiotapes are provided to guide practice sessions.
References