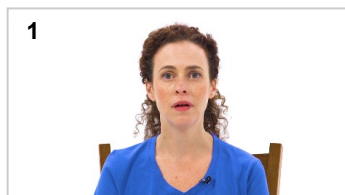


Clinician Notes

General Voice exercises, vocal function, EMST150

Hum - Sustained



Setup

Begin sitting upright.

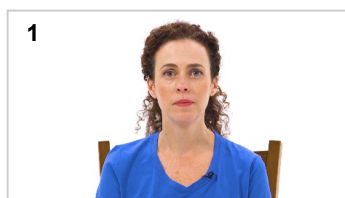
Movement

Hum on one pitch in your normal speaking range, then repeat.

Tip

You should feel a buzz on your lips or in the front of your face during the hum. You may breathe out through your nose since your mouth is closed.

Hum - Ascending Glide



Setup

Begin sitting upright.

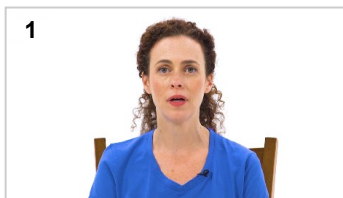
Movement

Hum, starting on a low pitch and gliding the pitch up from low to high, then repeat.

Tip

You should feel a buzz on your lips or in the front of your face during the hum. You may breathe out through your nose since your mouth is closed.

Hum - Vowels



Setup

Begin sitting upright.

Movement

Begin with a buzzy hum, then open your mouth into a vowel sound, such as "ma-ma-maam," "me-me-meem," or "my-my-mym." Repeat.

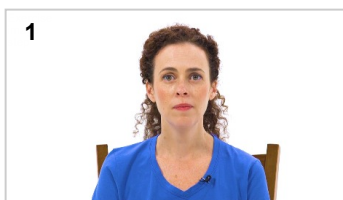
Tip

You should feel a buzz on your lips or in the front of your face during the hum and each time your lips come together.

Variation

You can also perform this exercise saying, "Mo-mo-mom" or "Moo-moo-moom."

Hum - Descending Glide



Setup

Begin sitting upright.

Movement

Hum, starting on a high pitch and gliding the pitch down from high to low, then repeat.

Tip

You should feel a buzz on your lips or in the front of your face during the hum. You may breathe out through your nose since your mouth is closed.

Hum - Word Level



Setup

Begin sitting upright.

Movement

Begin with a buzzy hum, then open your mouth into words that start with the letter "m," such as "maybe," "mine," or "more."

Tip

You should feel a buzz on your lips or in the front of your face during the hum. Make sure to continue this sound energy in your mouth as you say the words.

Variation

Other words you may consider using for this exercise include: Mane, Moan, Man, Moon, Mean, Mail, Mall, Meet

Hum - Siren



Setup

Begin sitting upright.

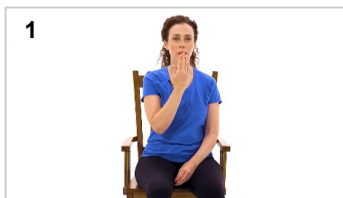
Movement

Hum, starting on a low pitch and gliding the pitch from low to high then back to low. Repeat.

Tip

You should feel a buzz on your lips or in the front of your face during the hum. You may breathe out through your nose since your mouth is closed.

Stretch and Flow Phonation - Sustained Vowel



Setup

Begin sitting upright, holding your hand a few inches in front of your mouth.

Movement

Gently exhale while saying the vowel sound "oooo" on one pitch in your speaking voice range. Feel your breath on your hand as you make the "oooo" sound, and repeat.

Tip

Make sure your breath remains smooth and continuous. The "oooo" sound should be air-filled and easy.

Progression

You may also perform this exercise holding a tissue a few inches from your mouth and watching your breath move the tissue.

Vocal Function Exercise-Glide from Lowest Note to Highest Note

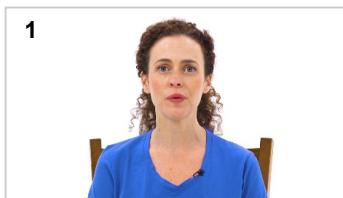
Directions: To make this sound open your throat wide as if you are in a half yawn. Next move your lips so they are almost closed and rounded. Keep your voice engaged and do not blow out your cheeks. You should feel a small buzz on your lips. If your voice breaks during the exercise, it's okay and keep going. Do this exercise in one breath, but do not muscle through it. You should feel a vibration in your lips throughout the duration of the tone. The goal of this exercise is to stretch your vocal folds.

Vocal Function Exercise-Glide Down from Highest to Lowest Note

Directions:

To make this sound open your throat wide as if you are in a half yawn. Next move your lips so they are almost closed and rounded. Keep your voice engaged and don't blow out your cheeks. You should feel a small buzz on your lips. If your voice breaks during the exercise, it's okay and keep going. Do this exercise in one breath, but do not muscle through it. You should feel a vibration in your lips throughout the duration of the exercise.

Hum - Phrase Level



Setup

Begin sitting upright.

Movement

Begin with a buzzy hum, then open your mouth into phrases that start with the letters "m" or "n," such as "Maybe tomorrow" or "Now and then." Repeat.

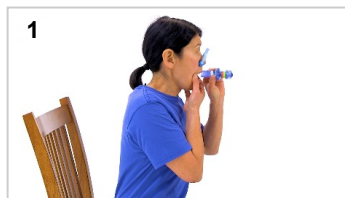
Tip

You should feel a buzz on your lips or in the front of your face during the hum. Make sure to continue this sound energy in your mouth as you say the phrases.

Variation

Other phrases you may consider using for this exercise include: Me and you, Man and Woman, My best friend, None that I know of, Mother and Father, More or Less, Make More money, No one knows

EMST150™: Training



EMST150™: Training

Your therapist has determined that you need to strengthen the muscles that help you exhale. These are called the expiratory breathing muscles. If these muscles are strong and working well, you will have a more forceful cough to try to get rid of anything that drops into your airway, which may help you prevent getting sick from aspiration pneumonia. Training with the EMST150? device can help strengthen these muscles, as well as the muscles that help close off and protect your airway. To train with the EMST150?, begin sitting upright and follow these steps.

Place the blue nose clip on your nose so that the blue sponges are closing each nostril.

Take a deep breath in and don't breathe out.

Hold the device on the "EMST 150?" label and put the mouthpiece into your mouth so it rests just behind your teeth. Seal your lips tightly around the mouthpiece. If needed, place your other hand on your cheeks, with your thumb on one cheek and your fingers on the other cheek. This will help you keep a tight seal around the mouthpiece.

Blow hard and fast through the device until the rush of air stops moving through the device. This should only take a few seconds.

Rest at least 15-30 seconds between breaths.

Repeat 5 times, then rest at least one minute. This is one set.

After your break, do another set of 5 breaths. Continue this pattern until you have completed five sets of 5 breaths each, for a total of 25 breaths.

At the end of your first week of training, turn the knob by a quarter turn to the left for your next week of exercise. Continue training at a rate advised by your therapist.

Pick a time of day to train when you will not feel tired

It may be helpful to train at the same time each day

If you start to feel tired, go more slowly and take longer breaks

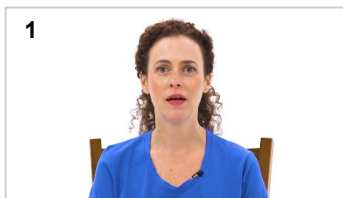
Stop training if you start to feel lightheaded

Vocal Function Exercise-Warm Up Sustaining Vowel Sound (E sound on the F note)

Directions

Take a deep breath before you start, and engage your voice throughout the whole exercises. Try to sustain the vowel sound as long as possible. When you feel you are running out of air, use your abdominal muscles to push your voice into your nasal cavity to sustain the note. Time yourself on how long you can sustain the note. Do this exercise twice before moving on to the next exercise.

Hum - Sentence Level



Setup

Begin sitting upright.

Movement

Begin with a buzzy hum, then open your mouth into sentences that start with the letters "m" or "n," such as "Maybe I'll see you tomorrow" or "No one knows Norman's nickname." Repeat.

Tip

You should feel a buzz on your lips or in the front of your face during the hum. Make sure to continue this sound energy in your mouth as you say the sentences.

Variation Other sentences you may consider using for this exercise include:

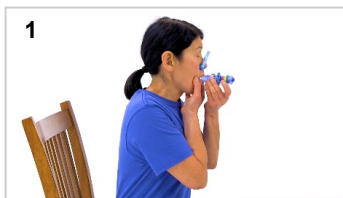
Marvin made more money.

Momma made me mince my mango.

Many men went to mow a meadow.

Many men sing in unison that won't sing alone.

EMST150™ : Getting Started



To get started using your EMST150? device, you will first need to measure your maximum expiratory muscle strength. This will determine the pressure at which you will start your training. Follow these steps to find your maximum expiratory muscle strength and set up your EMST150? device for training.

Place the blue nose clip on your nose so that the blue sponges are closing each nostril.

Hold the EMST150? device so that you can see and read “EMST 150?” and the numbers on the top from 30-150. The blue mouthpiece should be placed into the device.

Set the metal screw to line up with the number 30. You should not be able to turn the top of the device any farther to the right. This is the lowest pressure, or least amount of resistance when you blow through the device. This is where you will start.

Hold the device on the “EMST 150?” label. Remove the cap from the mouthpiece, and put the mouthpiece into your mouth so it rests just behind your teeth. Seal your lips tightly around the mouthpiece. Don't breathe out until the mouthpiece is in place. If needed, place your other hand on your cheeks, with your thumb on one cheek and your fingers on the other cheek. This will help you keep a tight seal around the mouthpiece.

Now you are ready: Take a deep breath in.

Blow hard and fast through the device until air rushes through, then stop. If air leaks out and does not go all through the EMST 150?, make sure your nose clip is tight and your hand is helping you to secure your lips and cheeks around the mouthpiece for a tight lip seal.

If air went through the device, turn the knob a quarter turn to the left to a higher pressure. Blow through again. Continue increasing the pressure by a quarter turn until you can no longer blow air through.

Then turn back by a quarter turn (turning to the right). This is your maximum expiratory strength.

For your first week of training, you will train at 75% of your maximum expiratory strength. To find this point, turn the knob down again by a quarter turn to the right from your maximum point. This is where you will start your training to become stronger.

Stretch and Flow Phonation - Ascending Glide



Setup

Begin sitting upright, holding your hand a few inches in front of your mouth.

Movement

Gently exhale while saying the vowel sound "oooo," starting on a low pitch and gliding the pitch up from low to high. Feel your breath on your hand as you make the "oooo" sound, and repeat.

Tip

Make sure your breath remains smooth and continuous. The "oooo" sound should be air-filled and easy.

Variation

As the exercise becomes easier, work to extend your range higher and lower. You may also perform this exercise holding a tissue a few inches from your mouth and watching your breath move the tissue.

Vocal Function Exercise- Sustaining Musical Notes (CDEFG)

Directions: To make this sound open your throat wide as if you are in a half yawn. Next move your lips so they are almost closed and rounded. Keep your voice engaged and don't blow out your cheeks. You should feel a small buzz on your lips. throughout the duration of the exercise.

Stretch and Flow Phonation - Descending Glide



Setup

Begin sitting upright, holding your hand a few inches in front of your mouth.

Movement

Gently exhale while saying the vowel sound "oooo," starting on a high pitch and gliding the pitch down from high to low. Feel your breath on your hand as you make the "oooo" sound, and repeat.

Tip

Make sure your breath remains smooth and continuous. The "oooo" sound should be air-filled and easy. As the exercise becomes easier, work to extend your range higher and lower.

Progression

You may also perform this exercise holding a tissue a few inches from your mouth and watching your breath move the tissue.

Stretch and Flow Phonation - Word Level



Setup

Begin sitting upright, holding your hand a few inches in front of your mouth.

Movement

Gently exhale while saying the vowel sound "oooo," then continue into words one at a time, using each of the Five Ws: "ooo-who," "ooo-what," "ooo-when," "ooo-where," and "ooo-why." Feel your breath on your hand as you make the "oooo" sound and continue to feel air on your hand as you say each word. Repeat.

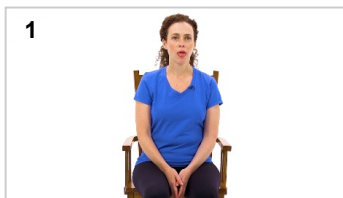
Tip

Your airflow may change as a word is added, however you should still feel air on your hand as you say each word. Be sure to take a breath between each word.

Variation

You may also perform this exercise holding a tissue a few inches from your mouth and watching your breath move the tissue. Instead of the Five Ws, you can also do this exercise with numbers, counting up from 1.

Tongue Out Hum-Sustained



Setup

Begin sitting upright.

Movement

Stick your tongue out over your lower lip. Let your tongue relax and be heavy. Hum on one pitch in your normal speaking range, then repeat.

Tip

You should feel a buzz on your lips, tongue, or in the front of your face during the hum. You may breathe out through your nose since your mouth is closed.

Stretch and Flow Phonation - Siren



Setup

Begin sitting upright, holding your hand a few inches in front of your mouth.

Movement

Gently exhale while saying the vowel sound "oooo," starting on a low pitch and gliding the pitch from low to high then back to low. Feel your breath on your hand as you make the "oooo" sound, and repeat.

Tip

Make sure your breath remains smooth and continuous. The "oooo" sound should be air-filled and easy.

Progression

As the exercise becomes easier, work to extend your range higher and lower. You may also perform this exercise holding a tissue a few inches from your mouth and watching your breath move the tissue.

Fading Hum - Reset Words



Setup

Begin sitting upright.

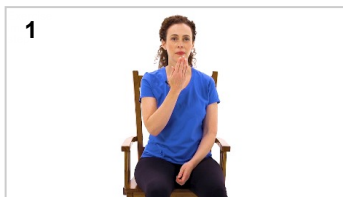
Movement

Choose 5 words you use frequently, such as "okay," "yeah," or "right." Begin with a buzzy hum, then open your mouth into each word. Then repeat the word once more without the hum. Repeat with each of your chosen words.

Tip

You should feel a buzz on your lips or in the front of your face during the hum. Make sure to continue this sound energy in your mouth as you say the words.

Stretch and Flow Phonation - Phrase Level



Setup

Begin sitting upright, holding your hand a few inches in front of your mouth.

Movement

Gently exhale while saying the vowel sound "oooo," then continue into phrases using each of the Five Ws (who, what, when, where, and why), such as "ooo-what for?" "ooo-why not?" and "ooo-where are you?" Feel your breath on your hand as you make the "oooo" sound and continue to feel air on your hand as you say each phrase. Repeat.

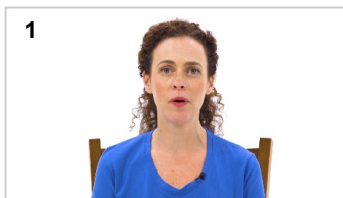
Tip

Make sure your breath remains smooth and continuous. Be sure to take a breath between each phrase.

Variation

Other phrases you may consider using for this exercise include, "Who is it?" "What's for dinner?" "When should we meet?" or "Where is the remote?"

Fading Hum - Sentence Level



Setup

Begin sitting upright.

Movement

Begin with a buzzy hum, then open your mouth into sentences that start with the letters "m" or "n," such as "Maybe I'll see you tomorrow" or "No one knows Norman's nickname." After you hum into the sentence, say the sentence once more without the hum, maintaining the feeling and sound. Repeat using a variety of sentences during the exercise.

Tip

You should feel a buzz on your lips or in the front of your face during the hum. Make sure to continue this sound energy in your mouth as you say the sentences. Other sentences you may consider using for this exercise include:

Variations:

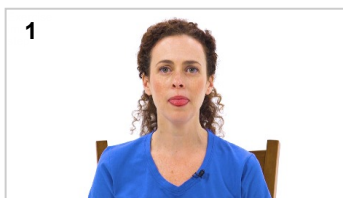
Marvin made more money.

Momma made me mince my mango.

Many men went to mow a meadow.

Many men sing in unison that won't sing alone.

Tongue Out Hum-Descending Glide



Setup

Begin sitting upright.

Movement

Stick your tongue out over your lower lip. Let your tongue relax and be heavy. Hum, starting on a high pitch and gliding the pitch from high to low, then repeat.

Tip

You should feel a buzz on your lips, tongue, or in the front of your face during the hum. You may breathe out through your nose since your mouth is closed.

Vocal Function Exercise Sustaining Musical Notes (BCDEF)

Directions:

To make this sound open your throat wide as if you are in a half yawn. Next move your lips so they are almost closed and rounded. Keep your voice engaged and don't blow out your cheeks. You should feel a small buzz on your lips throughout the duration of the exercise.

Falsetto Exercise



Setup

Begin sitting upright.

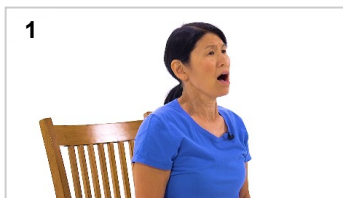
Movement

Using the vowel "ee," produce a falsetto pitch (this is your highest pitch). This pitch will be above the normal range of your singing voice and will sound unusually high. Hold this falsetto note for as long as you can, stopping when your voice cuts off but before you feel any strain or pain. Rest and repeat.

Tip

If you have difficulty getting to your falsetto, try starting at a comfortable pitch and gradually increasing to your highest pitch. You may need to exert some effort to reach your highest pitch.

Sustained Voicing



Setup

Begin sitting upright.

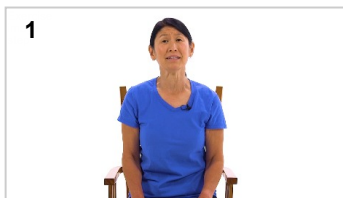
Movement

Take a deep breath in through your nose. Say "ahhhh" for as long as you can on one breath in a loud and clear voice, then repeat. You may find it helpful to time yourself or ask a caregiver to time you.

Tip

Try to prolong the "ahhhh" as much as you can, but stop when your clearest voice stops. Do not push through a vocal fry or popping sound. Be sure to stop before you feel any strain or pain. You may also add a pushing or pulling maneuver with your strongest hand. This can help increase the effortful closure of your vocal folds if they are a little weak.

Effortful Pitch Glide



Setup

Begin sitting upright.

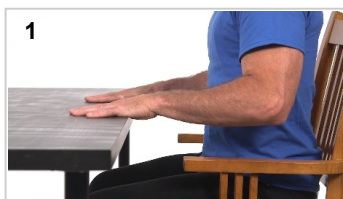
Movement

Produce a natural "ee" sound at a comfortable pitch. Gradually elevate to your highest pitch. Once there, exert effort to continue to produce the forceful "ee" sound. Hold the note at your highest pitch for several seconds, then rest and repeat.

Tip

Make sure to stop before you feel any strain or pain.

Vocal Fold Adduction Push (Table)



Setup

Sit comfortably with a table in front of you with good posture.

Movement

Rest your palms on a table. Take a breath. Push down on the surface to create pressure. Count while you push. Relax between breaths and talking.

Tip

If you are easily producing a voice, pull up and say sentences.

Vocal Fold Adduction Pull (Hand)



Setup

Sit comfortably with good posture.

Movement

Clasp your hands together in front of you with your finger tips touching. Take a breath. Pull your hands outward, creating resistance while you speak. While you pull, try using your voice.

Tip

Start with counting. If this is easy, try moving to sentences.

Vocal Fold Adduction Push (Hand)



Setup

Sit comfortably with good posture.

Movement

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

Tip

Start with counting. If this is easy, try moving to sentences.

Vocal Fold Adduction Push (Wheelchair)



Setup

Sit comfortably with good posture.

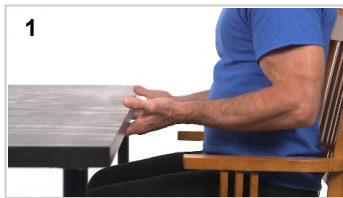
Movement

Rest your palms on the arms of a wheelchair. Take a breath. Push down on the surface to create pressure. Count while you push. Relax between breaths and talking.

Tip

If you are easily producing a voice, push down and say sentences.

Vocal Fold Adduction Pull (Table)



Setup

Sit comfortably with a table in front of you with good posture.

Movement

Rest your finger tips under the edge of a table ledge. Take a breath. Pull up on the surface to create pressure. Count while you pull. Relax between breaths and talking.

Tip

If you are easily producing a voice, pull up and say sentences.

Vocal Fold Adduction Pull (Wheelchair)



Setup

Sit comfortably with a table in front of you with good posture.

Movement

Rest your finger tips under the arms of a wheelchair. Take a breath. Pull up on the surface to create pressure. Count while you pull. Relax between breaths and talking.

Tip

If you are easily producing a voice, push down and say sentences.

Phrases /K/

1

Listen to the following sentences.
Repeat them several times after
each example.

Instructions: Listen to the following sentences. Repeat them several times after each example.

Let's visit the cabin.

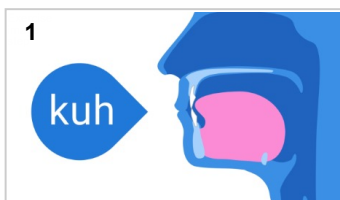
I love cooking.

The dog hid in the corner.

What's your favorite color?

I want cream with my coffee.

Syllable [K]



Setup

The sound "kuh" as in can.

Movement

Place the back of your tongue up on the soft part of the roof of your mouth. Use air to burst it off.

Tip

Your mouth muscles will be in the same place as when you make the "g" sound.

Minimal Pairs Initial /K/ Voiceless

1

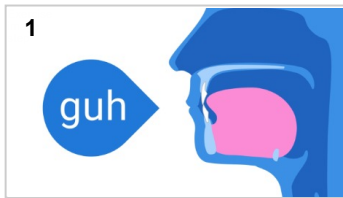
Listen to the pairs of words.
Repeat the words several
times after each example.

Instructions:

Listen to the pairs of words. Repeat the words several times after each example.

1. Kick - pick 2. Can - tan 3. Key - knee 4. Cap - gap 5. Cool - rule

Syllable [G]



Setup

The sound "guh" as in go.

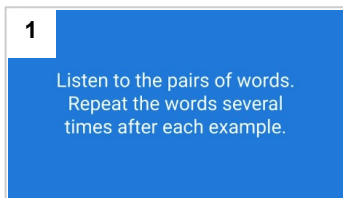
Movement

Place the back of your tongue up on the soft part of the roof of your mouth. Use air to burst it off, while turning on your voice.

Tip

Your mouth muscles will be in the same place as when you make the "k" sound.

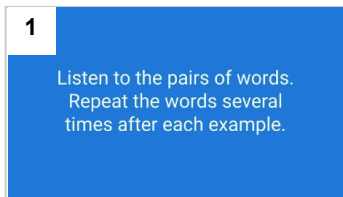
Minimal Pairs Initial /G/



Instructions: Listen to the pairs of words. Repeat the words several times after each example.

1. Go - Show
2. Give - Live
3. Gate - Bait
4. Good - Could
5. Game - Name

Minimal Pairs Final /G/



Instructions: Listen to the pairs of words. Repeat the words several times after each example.

1. Fog - Fall
2. Rag - Rake
3. Pig - Pick
4. Hug - Hut
5. Big - Bid

Words /K/

1

Listen to the following words.
Repeat them several times
after each example.

Instructions:

Listen to the following words. Repeat them several times after each example.

Cabin

Cooking

Corner

Color

Coffee