Vocal Function Exercises

The goals for voice exercises are much like those for other physical workouts or even physical therapy. Muscles and structures may be weakened, damaged, or out of coordination. These exercises will speed your recovery and prevent further problems by strengthening the system and helping it be more efficient.

General rules for Vocal Function Exercises

Maintenance Schedule (subjective based on clinical judgment)

Week 1 - All steps 2x each, 2x per day
Week 2 - All steps 2x each, 1x per day
Week 3 - All steps 1x each, 1x per day
Week 4 – Exercise 4 2x each, 1x per day
Week 5 – Exercise 4 1x each, 1x per day
Week 6 - Exercise 4 1x each, 3x per week
Week 7 - Exercise 4 1x each, 1x per week

1. Exercises are done 2x each, 2x per day
2. All exercises are done as quietly as possible without breathiness

1. **Warm Up Exercise**
   Sustain the vowel “eee” as quietly as you can for as long as possible on the musical note…
   (F) below middle (C) for males
   (F) above middle (C) for females

2. **Stretching Exercise**
   Glide from your lowest note to your highest note on the word “knoll” – “whoop” – or – on a tongue or lip trill

   Goal = NO VOICE BREAKS

3. **Contracting Exercise**
   Glide from your highest note to your lowest note on the word “knoll” – “whoop” – or – on a tongue or lip trill

   Goal = NO VOICE BREAKS

4. **Power Exercise**
   Sustain the musical notes (C-D-E-F-G) for as long as possible on the word “old” without the /d/.

   Goal = ________ seconds (octave below middle (C) for males) (middle (C) for females)

Joseph Stemple, Ph.D.: The Blaine Block Institute for Vocal Analysis and Rehabilitation; “Voice Therapy for the Twenty-First Century”