

Straw Phonation Exercise

Why?

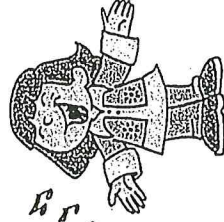
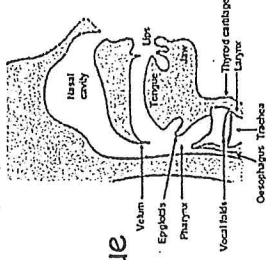
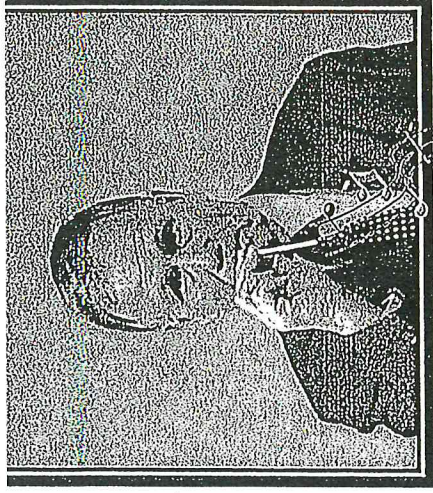
- Makes the vocal cord vibrate as they should with no effort
- Soothing for the vocal cords
- Helps heal the vocal cord tissue

Practice schedule:

You can do this exercise and much as you want! In the car, in front of the TV, when waking up, before going to bed...anytime!

It goes like this:

- a) Put a straw between your lips
- b) Make sure your lips are not too tight
- c) Make sure there is no air leak around the straw
- d) Make a sound through the straw; think about the sound "oo"
- e) Make sure the air comes out of the straw and not out of the nose
- f) Make straight tones: oooo..... ooooo.....oooo
- g) Go up and down, high and low with your voice
- h) Sing melodies through the straw (with "oo")
- i) Make it fun!



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