



Département d'orthophonie | Speech-Language Pathology Department

Straw Phonation Exercise

Why?

- Helps the vocal cords vibrate effortlessly as they should
- Soothes the vocal cords
- Helps the vocal cord tissues “heal”

How?

- Put a straw between your lips;
- Make sure your lips are not sealed too tight around the straw;
- Don't let any air escape between your lips and the straw;
- Make the « ou » sound through the straw;
- **Make sure the air comes out from the straw, and not out of your nose;**
- Breathe and repeat the sound gently for several repetitions

Practice schedule:

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