

SLP-chosen for you, from the Nicespeechlady.com library SPEECH PATHOLOGY PATIENT: \_\_\_\_\_

SPEECH PATHOLOGIST: \_\_\_\_\_

SPECIAL INSTRUCTIONS: \_\_\_\_\_



DATE: \_\_\_\_\_

## HOME PROGRAM: Beginning Voice Strengthening Exercises, Version B

Practicing tasks that address goals need to be conducted every day for positive outcomes. Patients performing home programs each day — allow for daily work toward goals.

### Instructions:

- Set time aside for voice exercises each day.
- Take care to allow enough time to not rush through these exercises, but to perform them as accurately as described as possible.
- These exercises will aid in building strength of the voice, quality of the voice and volume — for improving communication.
- It is imperative that ENT clearance be obtained prior to starting any formal voice program.
- Perform these exercises once a day.
- Take short breaks and take drinks/moisten your mouth as indicated.
- Produce the sounds as described below. Take care if it is painful, or causes coughing, to reduce the volume until these symptoms are not present.
- Report any difficulties or questions to your speech pathologist.

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SHORT PRODUCTIONS – produce these vowels in short succession:

“ee” — “ee” — “ee” — “ee” — “ee” X 5  
“oh” — “oh” — “oh” — “oh” — “oh” X 5  
“oi” — “oi” — “oi” — “oi” — “oi” X 5

MID-LEVEL LENGTH PRODUCTIONS – produce these vowels in roughly 2-second time frame lengths:

“ee” — “ee” — “ee” — “ee” — “ee” X 5  
“oh” — “oh” — “oh” — “oh” — “oh” X 5  
“oi” — “oi” — “oi” — “oi” — “oi” X 5

LONG PRODUCTIONS – produce these vowels in roughly 5-second time frame lengths:

“ee” — “ee” — “ee” — “ee” — “ee” X 2  
“oh” — “oh” — “oh” — “oh” — “oh” X 2  
“oi” — “oi” — “oi” — “oi” — “oi” X 2

Further exercises or recommendations:

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