Breathing Avoidance/Recovery Exercises for Paradoxical Vocal Fold Motion Events

Open throat breathing
1. Inhale on a nasal sniff, to fill your belly (deep nasal sniff will open the larynx).

2. Slowly and completely exhale with “s” or “sh” sound (to prevent vocal fold closure). *Complete exhalation is recommended to prevent hyperventilating.*

3. Breathing exercise should start as soon as you have the idea that an event may occur.

4. Goal of the breathing exercise is to completely control the event.

5. Practicing the breathing exercise is important.

To practice
1. Sit with hand on abdomen.

2. Inhale on a sniff with relaxed throat, and tongue relaxed on floor of mouth. You should feel the hand on your abdomen move outward as you breathe in.

3. Exhale easily and fully on “s” or “sh” sound or a relaxed blowing out of air. You should feel the hand on your abdomen move inward as you breathe out.

4. Complete at least five (5) breaths, at several points in your day.