

Voice and Speech Intervention Parkinson Disease

Phonatory strengthening exercises

- **Warm-up (LSVT™)**

Sit up straight. Take a deep breath and say the sound “ah” in a loud, clear voice as long as you can. Stop if your voice starts to “scratch” (glottal fry).

Complete _____ times.

- **Stretches**

Pitch Glides (LSVT™) – Take a deep breath, start at a low pitch and glide up as high as you can saying the “ah” or “ee” sound. Hold on the highest note a count of three. Repeat this exercise going down to the lowest note. (If glides are difficult, this exercise can be completed using a “stair-stepping” approach).

Complete _____ times.

Sirening (Adapted from Estill Voice Training System) – Using the “ng” sound, as in “sing,” imitate the sound of a siren. Repeatedly siren up and down slowly on one breath. Strive for your very highest and very lowest sounds.

Complete _____ times.

- **Laryngeal “Push-ups”**

Complete both exercises 3 sets of 6-7 seconds, frequently throughout the day. Do not use too much force so as to avoid damage to the vocal folds.

Adductory “Push-ups” – Say the sound “uh” as fast as you can, keeping the sound loud, sharp (i.e., staccato) and distinct. Do this on one breath about 6-7 seconds. Don’t let the sounds blur together.

Abductory “Push-ups” – Say the sound “huh” as fast as you can, keeping the sound loud, sharp (i.e., staccato) and distinct. Do this on one breath about 6-7 seconds. Don’t let the sounds blur together.

LSVT = Lee Silverman Voice Treatment