

Vocal Cord Strengthening Exercises

- Perform these exercises three times per day, 10 repetitions of each exercise.
 1. Say “AH-AH-AH” with a hard glottal attack.
 2. Say “AH” with a hard glottal attack.
 3. Prolong “AH” with pushing/pulling technique for _____ seconds.
- Say the following words with a hard onset:

Easter	Ear	Old	Out
Into	Add	Ooze	Add
Extra	Accident	Each	Egg
Eat	Upstairs	Ink	Either
Ate	Air	Every	Ignore
Ill	Easy	Apple	Edge
It	Owl	Army	All
Acid	Itch	Often	Earn
Awful	Elephant	Above	Alive
Upstairs	Animal	Early	Ugly
Eel	Argument	Is	Other
Attack	Umbrella	Aid	And
Ease	Another	Ale	
Earth	Urgent	Age	

The information presented is intended for general information and educational purposes. It is not intended to replace the advice of your health care provider. Contact your health care provider if you believe you have a health problem.