Vocal Cord Strengthening Exercises

- Perform these exercises three times per day, 10 repetitions of each exercise.
  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

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