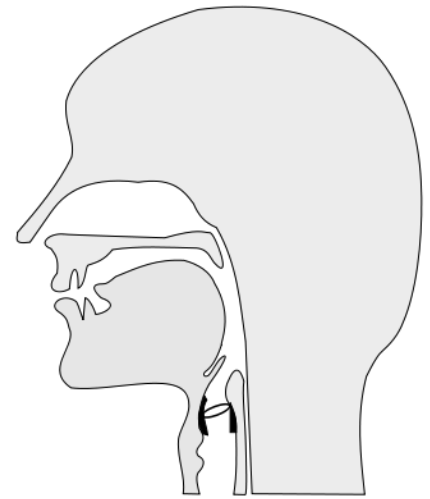

Nuts & Bolts of Semi–Occluded Vocal Tract Exercises in Voice Therapy: The Why, When, and How

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Overview

Traditional voice therapy exercises use a multitude of semi –occluded vocal tract exercises to enhance voice production. Several variations of these exercises will be introduced in a workshop format.

Objectives

The goal of this presentation is to:

- Provide an overview of the theoretical basis and physiology behind semi-occluded VT exercises
- Introduce several variations of these exercises including why, when and how to use them in voice therapy.

Semi-Occluded exercises (high resistance to less resistance)

1. Use of straws & tubes
2. Fricatives
3. Resonance hums
4. Closed vowels

Adaptations & Variations

1. Wave in a Cave
2. Straws and water bottles
3. /o/ buzz- inverted megaphone
4. Card kazoo

Materials

The following are a list of helpful items to use in voice therapy:

- Stirring straw
- Drinking straw
- Styrofoam cup

Resources

Principals of Voice Production (1994)
Ingo Titze , Prentice Hall

Vocology The Science and Practice of
Voice Habilitation (2012) Ingo Titze &
Katherine Verdolini Abbott, NCVS

Nonlinear source-filter coupling in
phonation: Theory. (2008) Journal of the
Acoustical Society of America, 123 (5),
2733-2749

Voice Training & Therapy With a Semi-
Occluded Vocal Tract (2006). Journal of
Speech, Language , and Hearing
Research, 49, 448-459

Exercises for Voice Therapy 2nd Ed
(2013), Behrman & Haskell

National Center of Voice and Speech
website- <http://www.ncvs.org>

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