



## Speech and Language Therapy

# Laryngeal Valving

### What is Laryngeal Valving?

The aim of these exercises is to improve the closure of your vocal cords, referred to in this leaflet as vocal folds. This will improve the quality of your voice by reducing the breathiness and roughness to your voice. You may be recommended these exercises if you have a vocal cord palsy or if you have age-related voice changes.

These exercises can be challenging, though once achieved correctly, they are great exercises for the voice.

- With the mouth open and relaxed, and without using voice, go as if to cough but without producing any sound. Hold then release. A quiet 'pop' can be heard as you release the sound. *Your therapist will show you how to complete these exercises.*
- This time breathe in and then go as if to cough but again without producing any sound. You should feel a build-up of pressure as the vocal cords come together and then release.
- Try the above, but this time push down on a surface with your hands eg sit on a firm chair with your hands by your sides and push down as you complete the exercise - this will produce a more effortful closure.
- Then try the above but gently make the sound 'ee', as you release the vocal folds and release the pressure from your hands.
- Then try the above on words listed below - the aim is to feel firm closure of the vocal fold and then the release of sound.

Ate  
Ache  
Arch  
Eight  
Aunt  
End

Any  
Are  
Apple  
Acorn  
Air  
Each

Ought  
Ice  
Ink  
Eel  
Art  
Ace

Ear  
Autumn  
Otter  
Oat  
Ill  
Orchid

**Tip** – Allow 10 minutes to complete these exercises. Your Speech and Language Therapist will advise you on how many sets you need to complete.

If you do not have time to put aside 10 minutes, try and incorporate these exercises into your day to day life. For example:

- Whilst waiting for the kettle to boil
- During the TV adverts

## Contact Numbers:

We hope you have found this information useful. If you have any further questions, please contact your SLT.

**Your speech and language therapist is:** \_\_\_\_\_.

Please ring the Speech and Language Therapy department on 01305 255165 for assistance.

## About this leaflet:

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If you have feedback regarding the accuracy of the information contained in this leaflet, or if you would like a list of references used to develop this leaflet, please email [pals@dchft.nhs.uk](mailto:pals@dchft.nhs.uk)



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