



Speech and Language Therapy

Vocal Tract Relaxation Exercises

The aim of these exercises is for the vocal tract to release and for voice to be produced easily and without effort/tightening or “constriction”.

These exercises are often given to people who have excessive tension in their larynx. The larynx is the cartilage which sits at the front of your neck. It houses your muscles used for creating voice.

Yawning and Sighing

- Open the mouth wide and yawn. Feel the air flow through your throat
- Sigh the air out gently
- This time, open the mouth, yawn and sigh the air out louder this time (but not forcefully).

Now open the mouth as if going to yawn and sigh out the following words:

Ha	Hay	He	High	Hoe	Who
Hard	Hail	Hand	Him	Half	Haul
Ham	Horn	Heart	Hole	Home	Hear

Tip - Try and be as gentle as possible. The aim is to encourage gentle adduction (bringing together) of the vocal cords.

Now try these phrases:

Head Hunt	Half-Hearted	Hover Over	Hard Hat	High House
Harp On	High Horse	Happy Hound	Hail Him	Handy Man
Hurry Up	Have On	Hold On	Hand Up	High Up
Hand Over				

If you have mastered these, try the following:

Tip - take as long as you need. Do not rush these exercises.

Hire A House	Hum A Hymn
How Are You	Hale And Hearty
Hunt A Head	Hold On To It
Hop Over There	Here We Are
High And Mighty	Hammer And Nails
Hand Them Over	Having Me On

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 Speech and Language Therapist.

Your speech and language therapist is: _____.

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

About this leaflet:

Author: Speech and Language Therapy Department
Written: January 2021
Approved: September 2021
Review Date: September 2024
Edition: v1

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



INTEGRITY | RESPECT | TEAMWORK | EXCELLENCE

© 2021 Dorset County Hospital NHS Foundation Trust
Williams Avenue, Dorchester, Dorset DT1 2JY
www.dchft.nhs.uk