

Effortful Pitch Glides

Position: Seated upright in a chair

Repetitions: 5-10x

Sets: 1x

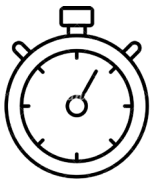
Frequency: 3x/day



Step 1: Start singing the vowel sound “ee” on a low note.



Step 2: Hold this vowel sound and glide up the scale to your highest note.



Step 3: Hold this high note with increased effort for 3-5 seconds.

Please immediately stop any exercise should you feel new discomfort & notify your speech-language pathologist or doctor.

Video Link:

<https://youtu.be/vkHBuCJd3gM>