

Effortful Pitch Glides

Position: Seated upright in a chair

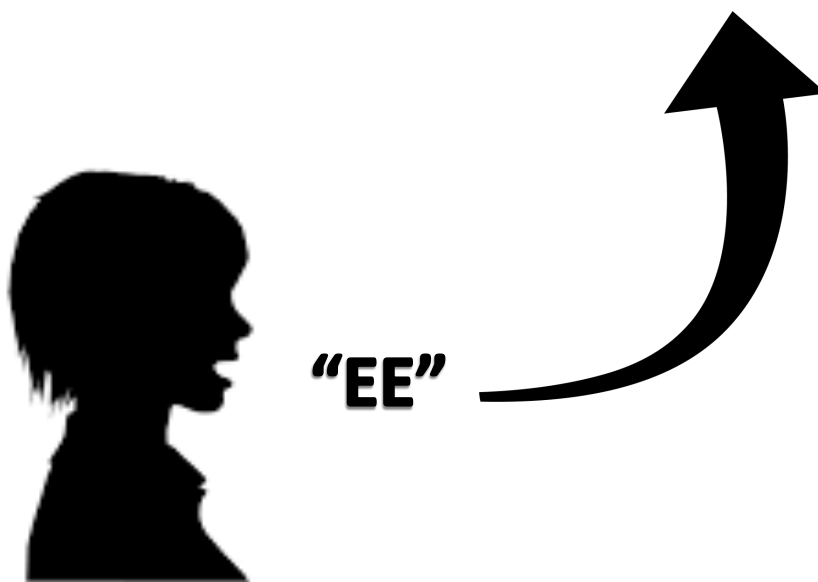
Repetitions: 5-10x

Sets: 1x

Frequency: 3x/day

Steps:

- 1: Start singing the vowel sound “ee” on a low note
- 2: Hold this vowel sound and glide up the scale to your highest note
- 3: Hold this high note with increased effort for 3-5x seconds



Video Link: <https://youtu.be/vkHBuCJd3gM>

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