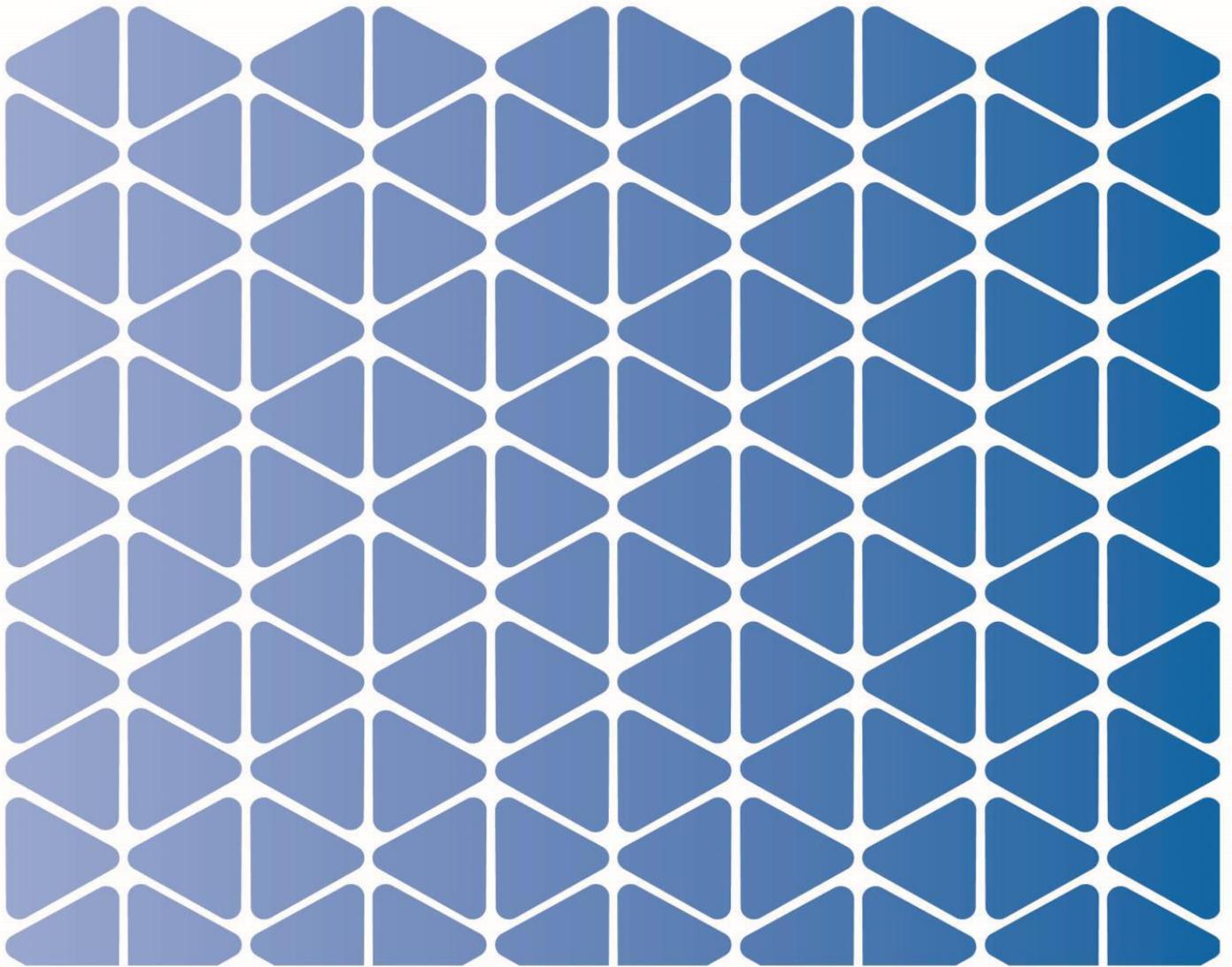


PATIENT INFORMATION

# EXERCISES FOR BOWED VOCAL CORDS



## **Exercises for Bowed Vocal Cords**

### **Warm-up stretches**

1. Stand with your feet about 12 inches (30cm) apart. Raise your shoulders as high as possible and maintain the tension for 5 to 10 seconds.  
Relax quickly.  
Repeat this 10 times.
2. Stand with your feet apart, as before.
  - a. Move your right shoulder in a wide circle, forwards – upwards – backwards – down. Repeat this 5 times.
  - b. Move your left shoulder in a wide circle, forwards – upwards – backwards – down. Repeat 5 times.
  - c. Stand still and shake both arms loosely.
3. Chew with exaggerated movements of lips and jaw, letting your mouth open as you chew – silently for 30 seconds, and then with voice for 30 seconds.
4. Run your tongue all around your mouth to ‘clean’ it – between lips and gums, behind teeth, along the roof and floor of your mouth, even counting your teeth with your tongue. Keep going for 30 seconds.

### **Breathing**

Turn your attention to your breathing. Close your eyes if you feel comfortable doing so. Place your hands on your stomach as you breathe in and out. Imagine you are breathing low down into your stomach, sending the breath to where your hands are, with your shoulders quite still and relaxed. Feel the movement of your stomach under your hands as you do this – expanding as you breathe in, and contracting to squeeze the air out.

### **Voice strengthening exercises**

These should be carried out 3 times a day for up to 10 minutes at a time. If your voice is feeling tired or tight, or you experience any soreness or discomfort, stop and try again another time. Keep checking you are carrying them out as described, and if you have any questions or difficulties, contact your therapist to discuss.





## Speaking practice

1. Remembering to breathe in low with your stomach expanding, count out loud on one breath from 1 to 5 with each number louder than the one before, ending on a good, loud sound on 5 – aim for the volume you might need to use if you were calling to catch someone's attention across the road.

1 2 3 4 5!

2. Keep your voice active – practise reading aloud as if you are speaking to a large group, or try gently singing along to music.

If you have any queries regarding this worksheet, please contact the Speech and Language Therapy Department on: 01905 760475

**If your symptoms or condition worsens, or if you are concerned about anything, please call your GP, 111, or 999.**

### **Patient Experience**

We know that being admitted to hospital can be a difficult and unsettling time for you and your loved ones. If you have any questions or concerns, please do speak with a member of staff on the ward or in the relevant department who will do their best to answer your questions and reassure you.

### **Feedback**

Feedback is really important and useful to us – it can tell us where we are working well and where improvements can be made. There are lots of ways you can share your experience with us including completing our Friends and Family Test – cards are available and can be posted on all wards, departments and clinics at our hospitals. We value your comments and feedback and thank you for taking the time to share this with us.

### **Patient Advice and Liaison Service (PALS)**

If you have any concerns or questions about your care, we advise you to talk with the nurse in charge or the department manager in the first instance as they are best placed to answer any questions or resolve concerns quickly. If the relevant member of staff is unable to help resolve your concern, you can contact the PALS Team. We offer informal help, advice or support about any aspect of hospital services & experiences.

Our PALS team will liaise with the various departments in our hospitals on your behalf, if you feel unable to do so, to resolve your problems and where appropriate refer to outside help.

If you are still unhappy you can contact the Complaints Department, who can investigate your concerns. You can make a complaint orally, electronically or in writing and we can advise and guide you through the complaints procedure.

### **How to contact PALS:**

**Telephone Patient Services: 0300 123 1732 or via email at: [wah-tr.PET@nhs.net](mailto:wah-tr.PET@nhs.net)**

### **Opening times:**

The PALS telephone lines are open Monday to Thursday from 8.30am to 4.30pm and Friday: 8.30am to 4.00pm. Please be aware that a voicemail service is in use at busy times, but messages will be returned as quickly as possible.

If you are unable to understand this leaflet, please communicate with a member of staff.