

Speech Therapy Home Program

Dear _____ ,

It was a pleasure working with you in speech therapy! Recovery continues even after you leave, so please continue doing your exercises.

Hypofunctional Voice Disorder. For weak, breathy, or quiet voices.

- Controlled breathing.** Breathe in slowly, hold your breath, then release your breath slowly.
- Diaphragmatic breathing.** Take a deep, belly breath before speaking.
- Use your **strong, clear voice** whenever you speak.
- Use your **LOUD, good quality voice** whenever you speak.

Complete your LSVT LOUD exercises.

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Hyperfunctional Voice Disorder. For hoarse, strained, low-pitched, or tired voices.

- Warm up and stretch** before speaking, like each morning.
- Diaphragmatic breathing.** Take a deep, belly breath before speaking.
- Easy-onsets.** Exhale with “hhh” before you start speaking.
- Resonant voice.** Feel the vibrations at the front of your face. Say words with “mmm.”

Semi-occluded vocal tract. Feel the vibration on your lips. Use an open-throat while speaking. Trill your tongue and lips.

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Follow these general tips:

- Drink plenty of water every day.
- Speak in a quiet environment with minimal background noise.
- Use a voice amplifier as needed.
- Take vocal “naps” as needed.

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Thank you for all your hard work!

Speech Therapy Department