

LocuTour Multimedia's Vocal Hygiene Exercises

	S	M	T	W	T	F	S
Good posture during all exercises. Stand or sit tall with both feet flat on the ground. Pull your shoulders back to open up your chest.							
Warm up your voice every morning in the bath, shower or bed.							
1. Warm up by saying "u-hum" or "m-hm". You may expand to "u-hum one, " "u-hum two, " "u-hum three" etc.							
2. Glide up and down the scale with easy onset vowels, "ah", "ee", "oh", "oo", "ie". Glide low to high pitch 5 times, then high to low pitch 5 times. This exercise will increase your pitch range, which will aid in inflection.							
3. Shoulder Shrug: Inhale as you lift your shoulders towards your ears. Hold for a count of five. Feel the tension. Then, exhale as you pull your shoulders downwards. Feel the stretch in your neck and shoulders. Repeat 5 times. This exercise stretches the muscles that extend from the base of your skull to the top of your shoulders.							
4. Slowly rotate your shoulders in a circular motion. Inhale as you raise your shoulders and exhale as you lower them. Do five forward circles and five backward circles. Feel the stretch in your shoulders, upper chest and upper back.							
5. Let your head slowly fall forward. Keep your chin to your chest for 10-15 seconds. Rotate your head to the left and right, holding each side for 10-15 seconds. Support your head with your hand in order to not over stretch your side neck muscles. Repeat all three positions 5 times.							
6. Slowly rotate your head in a circular motion, not allowing your head to fall backwards. Rotate 5 times clockwise and 5 times counterclockwise. This exercise loosens the muscles in the sides and back of your neck.							
7. Lie on your back, sit upright or stand with your back flat against a wall. Place your hands on your abdomen. Move your abdomen in and out without breathing. Localize the movement to your abdomen; do not lift your shoulders or chest. Repeat 10-15 times. You are exercising your diaphragm muscle.							

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8. In one of the positions mentioned above, slowly inhale moving your abdomen outward. Then, slowly exhale allowing your abdomen to move inward again. Relax your abdomen on inhalation and contract on exhalation. You may also choose to do this exercise while bending over from the sitting or standing position with your arms hanging loosely downward. Again, do not let your shoulders or chest rise; all of the movement should be in your abdomen. Repeat 10-15 times.							
9. Add phonation to the exercise above. Say "ah", "ee", "oh", "oo" and "ie" with an easy onset during exhalation. The goal is to increase the amount of time between breaths during conversational speech. This is called "breath support".							
10. Gently massage your jaw muscle at the joint, working forward to mid-jaw. Let your mouth hang open slightly. Massage each side for 30-60 seconds. This exercise will reduce tension in your jaw.							
11. Using one or two fingers on your bottom teeth, gently pull your bottom jaw downward. Let your jaw completely relax and do not resist the movement. Repeat 5 times, holding each stretch for 5-10 seconds. This exercise, as well as #10, are good exercises to do in the shower. Warm water hitting the muscles increases flexibility.							