

Patients should advance through levels as they master the level before at 80% accuracy. Many patients will be able to complete level 2 at the onset, but will need practice to be more consistent with it.

LIP BUBBLES:

Directions:

Take a DEEP BREATH and immediately blow out through lips as if you are blowing out your birthday candles. Make sure to relax your lips and you can put hands on cheeks and push forward if necessary.

***** DO NOT HOLD YOUR BREATH IN BETWEEN YOUR INHALE AND YOUR LIP BUBBLE*****

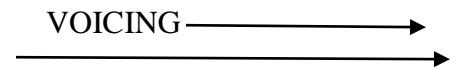


Levels

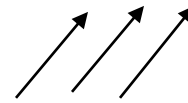
1. 5 times: Deep breath and immediately blow out with a lip bubble with AIR ONLY, no voice...keep the airflow smooth.



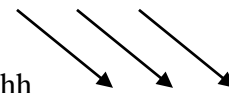
2. 10 times: Deep breath and immediately blow out with a lip bubble with AIR and VOICE...keep the airflow and sound smooth.



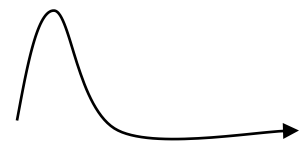
3. 10 times: Deep breath and lip bubble with voice and glide up to a whoop



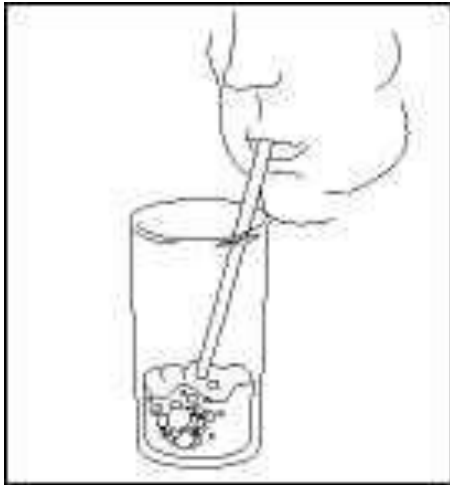
4. 10 times: Deep breath lip bubble with voice and glide down to an ahhhhh



5. 10 times: Deep breath and immediately blow out with a lip bubble with AIR and VOICE and VARY your PITCH like a SIREN...low to high to low. Do not try to reach the extremes of your vocal range, just the few notes around your middle pitch.




STRAW BUBBLES:



Directions:

Take a deep breath and blow through straw into a small bottle of water or cup of water. Keep breath stream smooth and consistent and not choppy.

1. 5 times: Deep breath and blow bubbles through straw with AIR ONLY. just air.....
→
2. 15 times: Deep breath and blow bubbles WITH AIR AND VOICE at a medium pitch, keep smooth and steady, not choppy. air & add voice.....
→
3. 15 times: Deep breath and blow bubbles through straw with a siren pitch (low to high to low) Keep smooth and steady.

4. 15 times: Deep breath Blow bubbles with voice and slowly drop cup.
5. 15 times: Deep breath blow bubbles with air and voice, drop cup then pull straw from mouth, should easily blend into a smooth easy "ooooo".
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GARGLES: Relax the jaw and slowly open wider while gargling

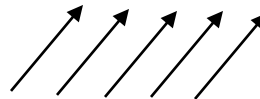


Directions:

Take a deep breath and gently tilt head back just a little and gargle a tiny sip of water, relax jaw to be in a very open posture. Open the back of the throat.

1. 5 Times: Deep breath and Gargle air only, no voice, keep it smooth and not choppy.
2. 15 times: Deep breath and Gargle with air and voice at a medium pitch, keep it smooth for 5-10 seconds.

3. 10 times: Deep breath and gargle with voice and glide up



4. 15 times: Deep breath and Gargle with air and voice with a varying siren pitch, low to high to low.

