

Lip Trill Exercises

These exercises will help:

- To reduce tension in your throat
- Your vocal cords to meet gently
- Encourage the use of natural breathing patterns

When you make your lips vibrate together this is called a **lip trill**. Your therapist will show you how to make a lip trill.

1. Blow out gently on one breath so that your lips vibrate.



Now, make a noise as you blow out making sure your lips are still vibrating. You may start to feel your lips tingling.

You may need to support your lips by pressing on your cheeks. This will help you to make the sound for as long as possible.



2. Blow out making your lips vibrate. Make a quiet noise at first, and then a loud noise. Do this on one breath.

3. Blow out making your lips vibrate and make a noise that sounds like an engine revving.
4. Blow out making your lips vibrate and make a noise that goes up in pitch.
5. Blow out making your lips vibrate and make a noise that goes down in pitch.

Remember

You don't need to take a deep breath before you start – just use a normal breath in.

Blow out making your lips vibrate for as long as possible on each go. Make sure you can feel the air against your hand when you blow out.

How often should I do these exercises?

It is recommended that you do each exercises 5 – 10 times, 5 times a day.

If you have any questions then please contact the Speech & Language Therapy department on 0151 529 4986.



If you require a special edition of this leaflet

This leaflet is available in large print, Braille, on audio tape or disk and in other languages on request. Please contact:

Tel No: 0151 529 2906

Email: interpretationandtranslation@liverpoolft.nhs.uk