

Straw Exercises

Patient Information Leaflet

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These Exercises will:

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

Exercise types

1. Blow gently through the straw.
2. Blow against the palm of your hand so that you can feel how much force you are blowing with.



Now, blow gently through the straw and make a gentle 'oooo' noise.

3. Blow gently through the straw at first, and then with more force. Keep making a gentle noise.

The noise should get louder, and you should feel more air against your palm.

4. Blow through the straw and make a noise that sounds like an engine revving.

5. Blow through the straw and make a noise that goes up in pitch.
6. Blow through the straw and make a noise that goes down in pitch.

Remember

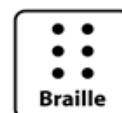
You don't need to take a deep breath before you start – just use a normal breath in.

Blow out through the straw for as long as possible on each go.

Make sure you can feel the air against your hand when you

How often should I do these exercises?

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



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:

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