

Yawn-Sigh (Voice Therapy)

What is a Yawn-Sigh exercise?

This is an exercise that relaxes the muscles of the larynx (voice box).

How does it help:

- It reduces constriction in your pharynx (throat).
- It encourages gentle vocal cord movement.

How do I do it:

1. Sit in a relaxed upright position.
2. Relax your jaw and gradually open your mouth, slowly widen your mouth position.
3. Allow the air to flow into your mouth and gently feel the back of the mouth and throat widen and stretch as you continue to breathe in.

Do not make a noise while you are breathing in.

4. Hold the stretch for a moment.
5. Exhale with a sigh.

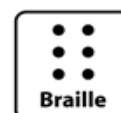
Remember

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

How often should I do these exercises?

It is recommended that you do each exercises 5 – 10 times, 10 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@aintree.nhs.uk