

Liverpool University Hospitals

NHS Foundation Trust

Speech and Language Therapy

Aintree Site

Lower Lane, L9 7AL Tel: 0151-525-5980

Royal Site

Prescot Street, L7 8XP

Broadgreen Site

Thomas Drive, L14 3LB

Royal & Broadgreen Tel: 0151-706-2000

Stemple Whoop-Boom

(Voice Exercise)

What is the Stemple Whoop-Boom exercise?

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

How does it help:

- It reduces constriction in your throat.
- It encourages your vocal cords to meet gently.
- It supports the use of natural breathing patterns.

How do I do it:

1. Sit in a relaxed upright position.
2. Imagine your lips are around a straw
3. Blow out so you can feel air on you hand.
At the same time say the "Whoop".
4. Go up in pitch as you say this word.
5. Now repeat this going down in pitch.
6. Make sure you are blowing out and can feel air on your hand.
7. Go down in pitch as you say "Boom"

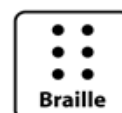
Remember

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:

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