

Voice Therapy Program

Upper Body Relaxation Program

1st stage

Sit up straight in the chair as if you are making the back bone straight upon your pelvis. Slightly lean your neck to the left side. At this moment, please look straight and lean your neck with ear facing the shoulder. Naturally stretch your right side neck muscle by using the weight put to your head. Smoothly and slowly breathe in deeply through your nose and then exhale through your mouth for four times. Slowly put your head back to the center and lean to the right side this time and repeat the whole thing about 2~3 times with both sides.

2nd stage

Please put your head down with your jaw facing the chest. Naturally stretch your neck muscle by using the weight of your head. Slowly inhale deeply through your nose and exhale through your mouth for four times. Please repeat this procedure one more time.

3rd stage

The same as in the 1st stage, lean your head to the left side with your left ear facing the left shoulder and then, slowly make a circle with your head to the right side so that your right ear could pass by your right shoulder. After this, do the reverse and repeat this exercise about 10 times.

4th stage

Make a big circle to the backward with your both arms and slowly breathe in and out during this step. Please repeat this stage 10 times.

5th stage: Laryngeal Massage

Smoothly cover your front neck with your left finger. It should be place on the part of your larynx. As if you are lightly pressing the larynx, massage up and down around your larynx. Find the point where it hurts and massage that point more often.