

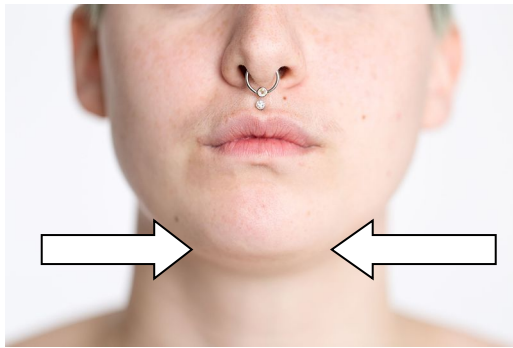
Mayo Voice Clinic

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9-minute warmup for voice

Sequence:

Inhale quietly with an open throat (don't take too much air—this is gentle)



These muscles will expand outward as you inhale.

Speak or sing on exhalation; don't hold your breath.

Lip trills/straw phonation exercises:

- 1) Without phonation 3 reps
- 2) With a single tone 3 reps
- 3) With pitch glissandi both directions 5 reps

Get your throat in the inverted megaphone position:

Descending pitch glide on “who” 3 reps



- 1) Ascending pitch glide on “whoop”—think of widening the throat as you ascend 3 reps
- 2) Low, deep “boom” 3 reps
- 3) Whoop/boom back-to-back (1-2 weeks from today) 4 reps with a goal of easy transitions between registers
- 4) If you hit “speed bumps,” repeat and slow down through the bumpy area of the glide

Transition to “singing”:

5-notes descending on “louie, louie” [so-fa-mi-re-do]

Same 5-note descending pattern on “aluminum/linoleum”

Sliding M3 on “knee-yow, knee-yow, knee yow”

Singing

Choose beginnings of songs, or tricky areas of your rep that need attention. Practice slowly, allowing your body to adjust to the optimal balance of power/source/filter (respiration/phonation/resonance).