

## Voice Building to Strengthen Your Weak Voice

◆◆◆ *Begin with 30 seconds each of the following 3 exercises (90 seconds in total)* ◆◆◆

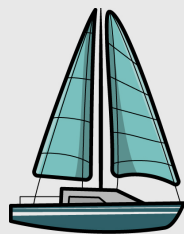
30 seconds 



### *Voice of Authority*

*Read a magazine, count out loud, or recite something you have memorized in a **loud, low-pitched, “angry”** chest voice.*

30 seconds 



### *SHIP AHOY! Voice*

*Read or recite as though calling at a higher pitch across the street to warn a neighbor about to step in a hole.  
**“Hey, neighbor!!! Look out!!!”***

30 seconds 



### *The Siren*

*Go from lowest chest voice to highest falsetto and back down, on a loud **“Ooooooooooh!!!”***

### VOICE BUILDING TIPS



While “bellowing” the three tasks above, imagine that you are “the Incredible Hulk;” ask family or friend to evaluate your performance.



You and others may note that the voice you produce is weak (due to the underlying disorder), but it is the **effort** that must be high and “convincing.”



Try to complete **4 to 6 sessions of 90 seconds to 2 minutes per day**. Do this while showering, driving to and from work, in the basement, etc. If necessary, bury your face in a pillow to muffle the sound.



*The grand total of the several sessions: **~10 minutes per day.***

*(continued on other side...)*

## VOICE BUILDING OVERVIEW

Muscles get stronger when challenged. The bulging muscles of bodybuilders illustrate this. Muscles that produce voice (vocal cords, abdomen, etc.) can also be built up.

Without conscious intent, persons with boisterous, sociable personalities develop strong vocal tract muscles in the course of expressing that type of personality. Even the person who is quiet by nature but required to talk in a noisy workplace might develop a strong voice, by competing with background noise. Not to mention one kind of vocal “bodybuilder”: the opera singer.

On the other hand, persons who use their voices gently, or very little, or both, may have weaker voices that are hard for others to hear. Maybe they are introverted, live alone, or their job requires little talking.

Also consider persons who have a medical status or condition that tends to weaken the voice: Advanced age, frailty, life-threatening illness, Parkinson’s Disease, etc.

*Persons evaluated medically for a fuzzy or husky voice that fades with use may be found to have bowed, atrophic, or flaccid, vocal cords.*

If so, voice building may be able to help. In a perfect world, this would be under the supervision of a speech pathologist or voice coach.

Still, there is a do-it-yourself strategy you can pursue, at least initially, without fear of injury, if work with a professional is not possible or if a first appointment is delayed.

for more information, go to

**[laryngopedia.com/voice](http://laryngopedia.com/voice)**



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## WHAT TO EXPECT?

Voice may seem weaker immediately after aggressive voice use. Your arms would be too, in the first hour after lifting heavy weights. But muscles adapt / strengthen over time to persistent challenge.

*Evaluate initial response to voice building after two weeks (at least 56 of these 90-second sessions). If there is improvement, keep up this strategy **at least twice a day**.*

You might discover that there is more voice to call upon, or that voice fatigues less—or it “fades” later in the day than before. If you achieve an insufficient response, ask your doctor if injected or surgically placed implants could help.

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