



# Speech-Language Pathology

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860.837.5915 phone 860.837.6379 fax

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## Homework for Vocal Cord Dysfunction

### Stretching

General guidelines for stretching include holding each stretch for 20 seconds. Try to get a good stretch adjusting as necessary. Breathe in prior to movement, exhaling as you move into your stretch. Once you maintain a comfortable position breath naturally. If something starts to hurt, please ease the stretch or stop stretching completely.

- Bring your ear to your shoulder
  - Careful not to raise your shoulders
  - Only go as far as you can, there is no need to force it
  - Be sure to stretch both sides
- Drop your chin to your chest
  - You should feel this in the back of your neck or down the center of your back (spine)
  - Put one hand on the back of your head if you need to feel a little extra stretch
- Lift your chin up to the sky
  - Make sure your teeth remained closed to feel this stretch
- Twist your chin over each shoulder
  - Again careful not to raise your shoulders
  - Be sure to stretch both sides

- Shoulder Rolls (do 5 to 6 in each direction)
  - Bring your shoulders forward, then up to your ears, then back and down. Repeat slowly
  - To reverse this, bring your shoulders back, then up to your ears, then forward and down. Repeat slowly
  - If you would prefer, just do a series of 3-5 shoulder shrugs

### Breathing

This is where you will practice “diaphragmatic breathing” or “yoga breathing” or “belly breathing” (all of these names refer to the same thing). These should be practiced twice daily for 8-10 breaths each time.

- While standing, first breathe into your stomach, pushing your belly out by contracting the diaphragm. Then fill your chest with air, careful not to raise your shoulders.
- If this is difficult to maintain, try keeping one hand on your stomach and one hand on your chest to monitor the breath.
- If you are still having difficulty, lay on the floor making your belly rise up to the sky. You may wish to put a small object on your belly to feel the movement better.