



# Push-pull with phonation

## Goal

- \* This technique gets the vocal cords closing together more tightly.
- \* This is helpful if food or liquid is getting into the airway during the swallow.

## Objective

Patient will take and hold his/her breath tightly and he/she will produce | ⊙ | sound while breathing out, 10x/day for 8 weeks

## Therapeutic Procedure Steps

- 1) Place one or both hands under your chair
- 2) Pull as if you were trying to lift your chair up with you in it. (You can also do this by standing up and pushing against the wall, as if you were trying to move the wall.)
- 3) Hold your breath tightly
- 4) Let go of your breath (still pulling) and say “ahh.”
- 5) Repeat it 10 times

