



NORTHWEST
CHAPTER

Speech & Voice Issues with the progression of PD

How Voice & Speech exercise is the KEY to maintaining
LOUD CLEAR CONTROLLED speech!





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Get LOUD! Stay LOUD!

Online Parkinson Speech Exercise Program

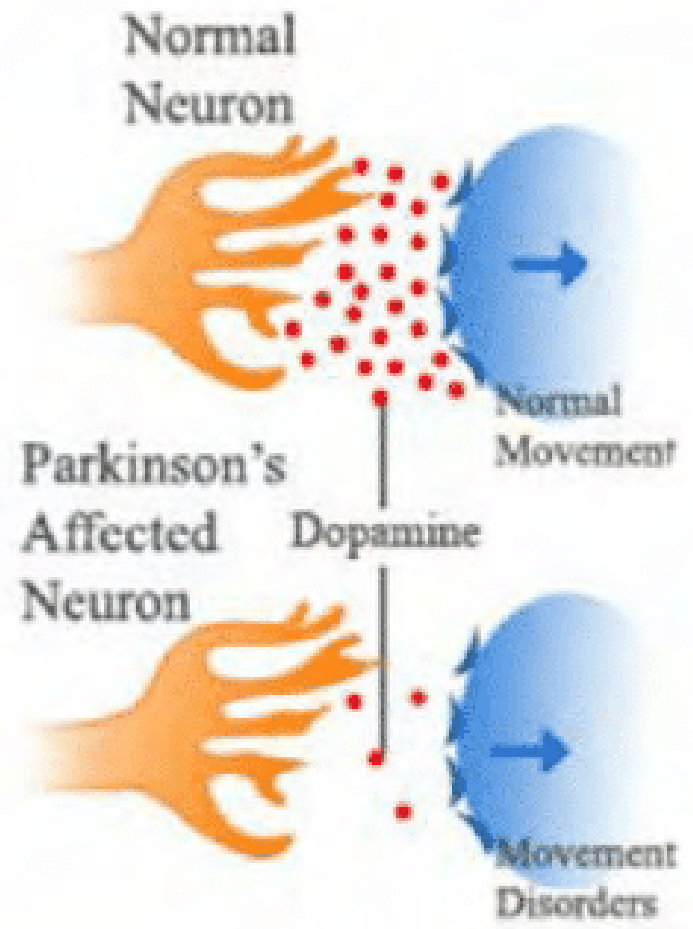
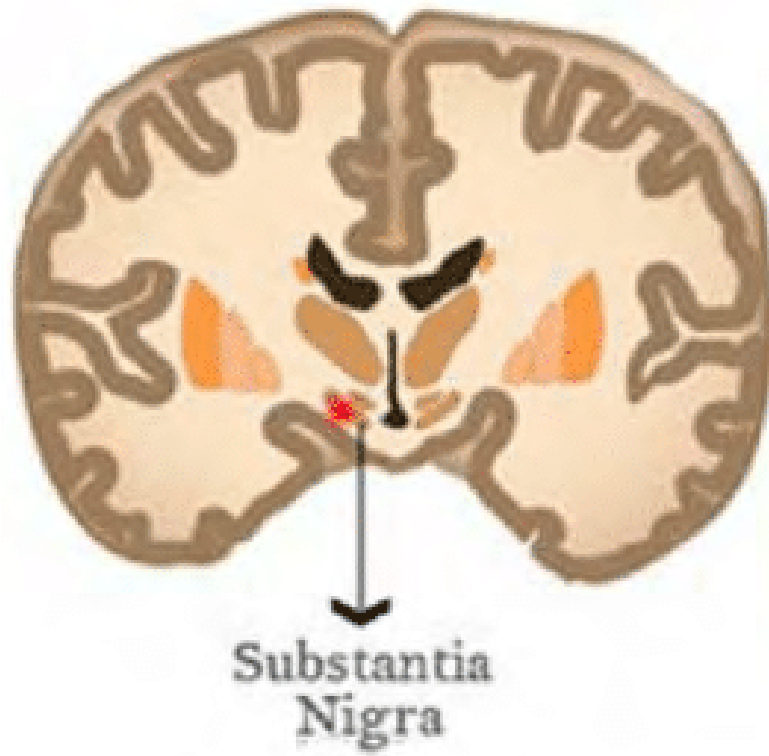
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What will we learn today?

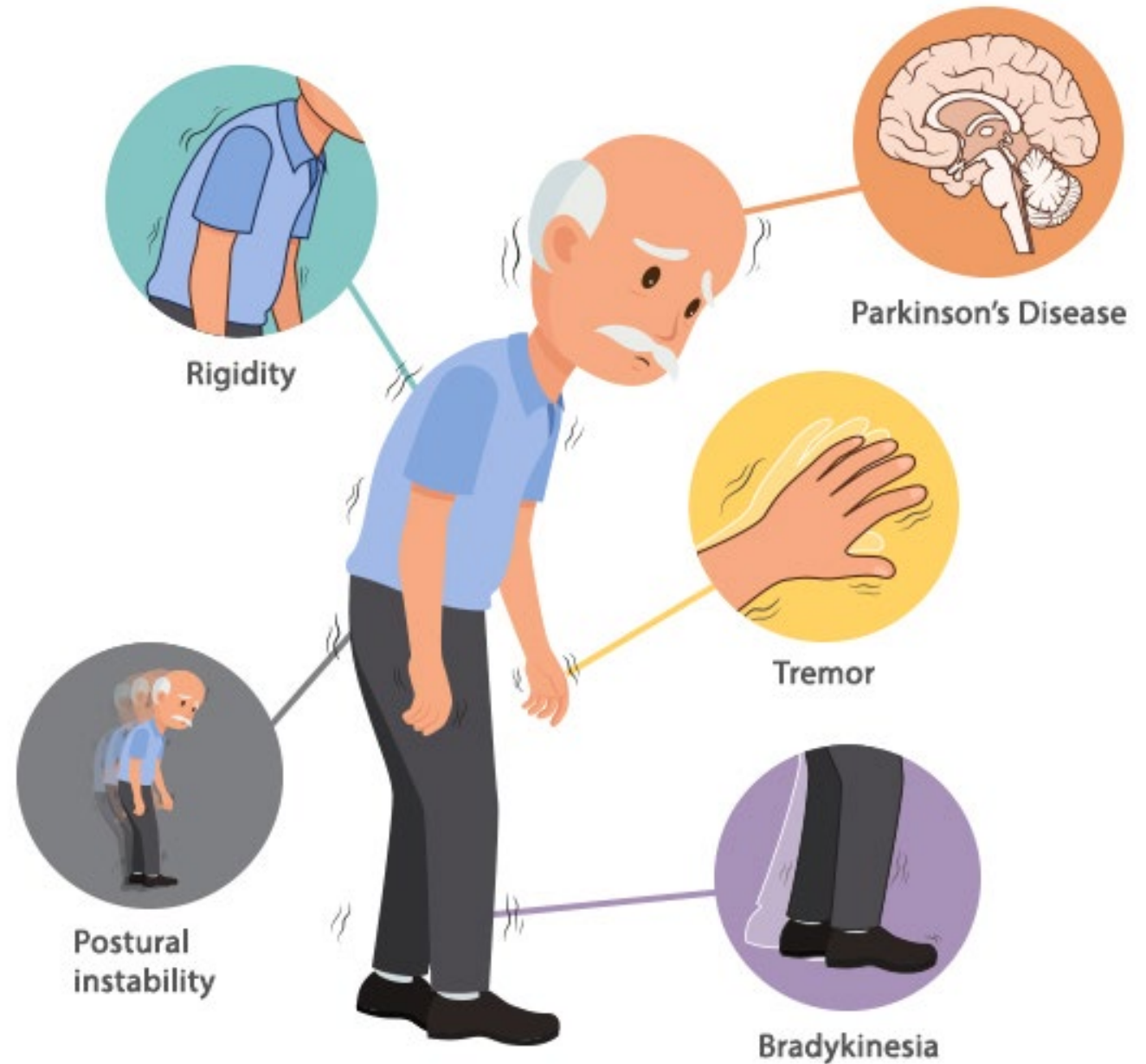


- What are the common speech & voice issues in PD and why do they occur?
- The "Bread & Butter" exercises everyone with PD should be doing daily
- Why it's never too EARLY to start doing speech & voice exercise
- How to get started and **STAY DILIGENT** with regular speech and voice exercise
- Question period to follow



Parkinson's disease impacts motor movements leading to:

- Tremor
- Rigidity
- Slowed movements
- Smaller movements
- Difficulty initiating movement





Communication changes

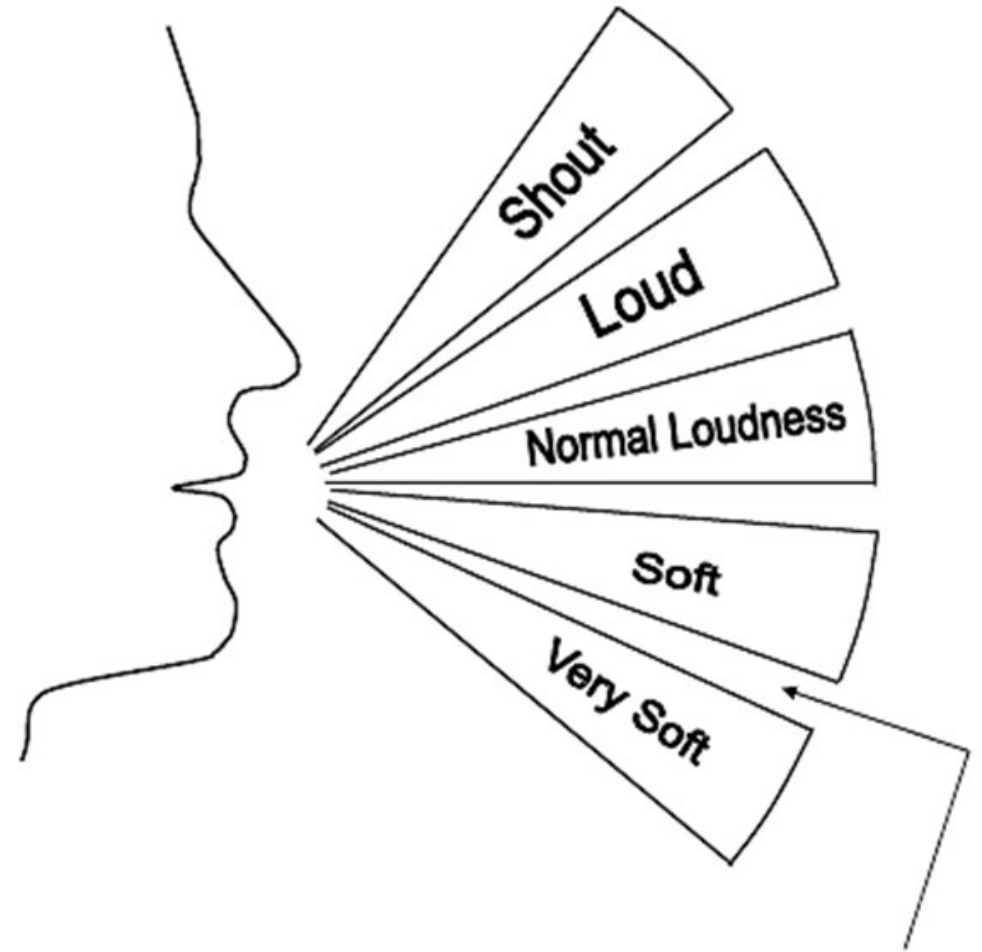


- Mumbled or poorly articulated speech
- Difficulty with speech fluency/pacing of speech
- Quiet voice (#1 complaint!)
- Changes to voice quality
- Difficulty initiating speech
- Reduced facial expression – FACIAL MASKING

RELATIVE VOCAL LOUDNESS LEVEL OF AN INDIVIDUAL WITH PARKINSON DISEASE

The Faulty Feedback Loop

- Not using enough force
- Not recognizing that force/efforts are inadequate
- Impairment in sensory/perception
- E.g., Taking small steps, but believing they are taking normal sized steps



(Adapted from Carolyn Mead Bonitati, 1987)

Vocal loudness level
of an individual with
Parkinson disease

Direct treatment vs. speech exercise

- LSVT LOUD®
- SPEAK OUT®
- Customized program with an experienced SLP
- Not everyone has coverage or funds for private 1 on 1 therapy
- Option for self-guided home practice
- Online speech exercise program i.e. **Get LOUD! Stay LOUD**

LSVT LOUD®

SPEAK
Live with **Intent** **OUT!**


Get LOUD!
Stay LOUD!
Parkinson's Speech Exercises



**WHICH CLASS WILL BE
YOUR FAVORITE?**

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*You always have time
for the things
you put first*





GET READY FOR OUR
3RD ANNUAL

Be HEARD for the Holidays Challenge!

• Nov 21- Dec 18

ATTEND
UNLIMITED
CLASSES

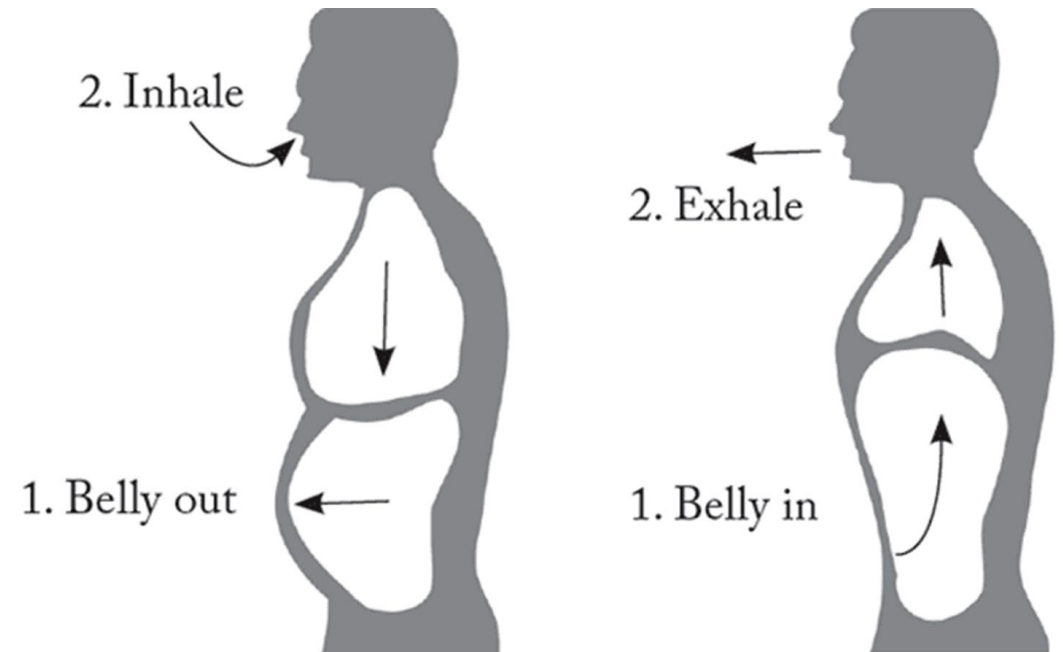
Motivation!
Accountability!
Prizes!



What are the **BREAD & BUTTER** PD Voice Exercises?

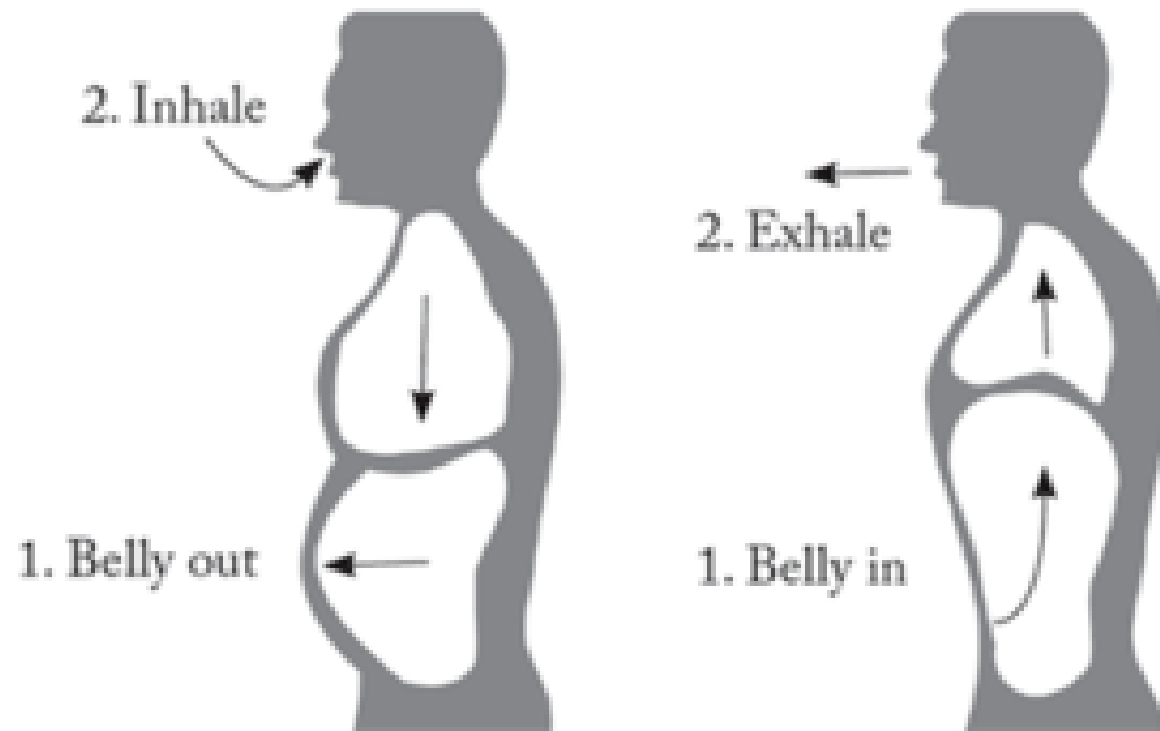


Importance of SAFE vocal exercise

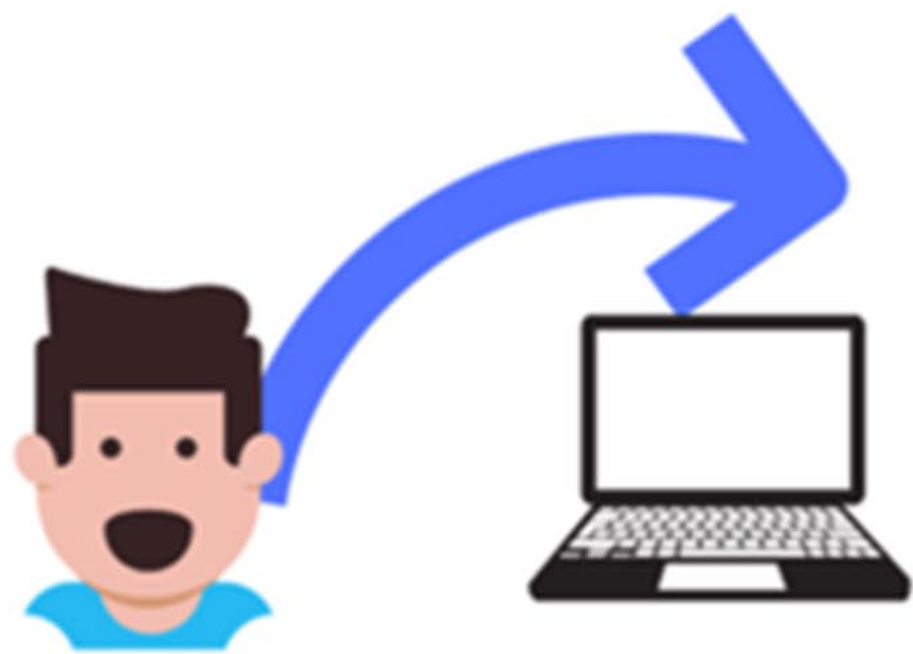


BREATHE IN THROUGH THE NOSE – EXPAND THE RIBCAGE!

BREATHE OUT THROUGH SLIGHTLY PURSED LIPS



AHHHHH!!



breathe



The LOUDER the better RIGHT?? --- **NO!!!!**

It is possible to be TOO LOUD. **No Screaming. No Yelling. No straining.**

The vocal folds are very delicate tissues, prone to stress and damage.

In physical fitness the saying used to be **NO PAIN NO GAIN**.

This does **NOT** apply in voice exercise.

STAY HYDRATED. POWER FROM THE BELLY BREATH. PROJECT.



**NO PAIN
NO STRAIN
ONLY
HEALTHY
GAINS**

Short on time?

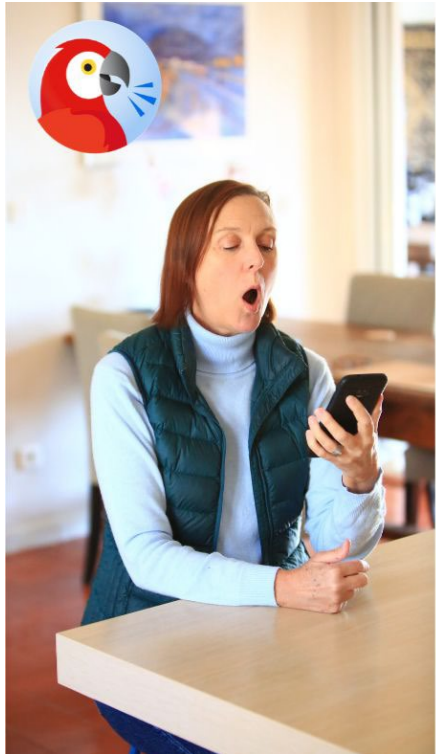
Do your voice exercises
in the shower!

The air in the shower is warm
and humid which is soothing to
the throat and vocal cords.

Plus, the acoustics in the
shower are great!



PD Home Voice Exercise Routine



“
YOU DON'T
HAVE TO BE
GREAT TO
START, BUT
YOU HAVE TO
START TO BE
GREAT.

- ZIG ZIGLAR

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Try to do DAILY!

- 8 – 10 long LOUD AHHHHHs
- 8 – 10 pitch glides HIGH
- 8 – 10 pitch glides LOW

If time permits: Read ALOUD with a well projected, animated voice for 3-5 minutes.

S

SCHEDULE

Put your speech exercise time in your calendar. Treat it like a dentist or doctor's appointment and do your best to show up every time!

M

MAKE IT A PRIORITY

As the old saying goes... you always have time for things you put first!

A

ACCOUNTABLE

Tell people about your commitment to do your PD speech exercises every day. Ask them to check in with you to keep you accountable!

R

REWARD YOURSELF

Reward yourself each time you do your speech exercises. Maybe it's a cappuccino and a Netflix show immediately after you complete them.

T

TEAM

Surround yourself with positive, motivational people. Find a "speech partner" and arrange to do your exercises together or at the same time.

How do you stay MOTIVATED and DILIGENT with daily voice exercise?

Remember to be **SMART!**

What are the essential speech & voice exercises for Parkinson's disease?

- SUSTAINED VOWEL PHONATIONS
- PITCH EXERCISES

BONUS! These exercises work on the SAME muscles and systems involved in SWALLOWING.

By doing VOICE and SPEECH exercises, you are improving both COMMUNICATION and SWALLOWING

TWO for ONE DEAL!



Music based activities for PD voice & speech exercise



Music is exercise for your brain, body, and voice!

Singing encourages **breath control** and **respiratory stamina** by holding notes – “Ahhhhhhhhh”

Strengthens **voicing muscles** to improve vocal loudness and voice quality.

Works on **laryngeal movement** by way of pitch changes when singing or humming.

Encourages control of **fluency/pacing of speech** by using anticipated musical rhythm.

Tapping feet/clapping hands can aid in the **hand-eye-brain coordination.**



Key Take-away Points

- It's never too EARLY to start doing voice exercise
- Do REGULAR speech/voice exercise. DAILY if possible.
- Remember the BREAD & BUTTER exercises (LONG, LOUD AHHHHs and PITCH GLIDES)
- Voice & Speech exercise should NEVER be painful
- Participate in any music/singing based activities
- Try **Get LOUD Stay LOUD** free for 30 days!

An OUNCE of PREVENTION is worth a POUND of CURE!

Questions?

