

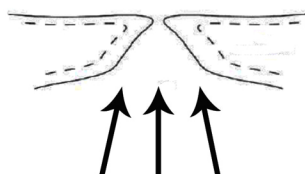
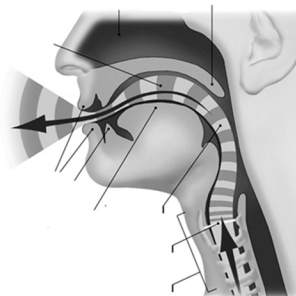
Benefits of Semi Occluded Vocal Tract (SOVT) Exercises

*Semi Occluded: phonating with the mouth partially closed
i.e. straw phonation, humming, lip trills*

SOVT Exercises = Less collision, impact and pressure on the folds while still getting them to stretch in a balanced position

**Like doing stretches in the pool –
less impact and stress on your muscles**

When the mouth is open, air pressure comes up from the lungs, impacts the bottom of the folds and is expelled through the mouth.

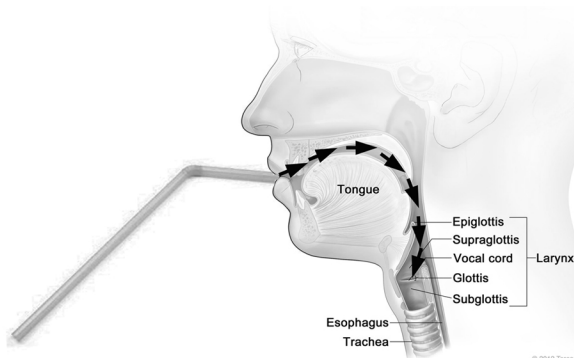


Pressure from the lungs

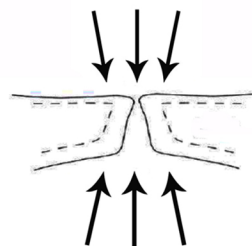
While some pressure always returns, when the mouth is more closed (semi-occluded) more pressure is reflected at the lips and returns to the folds.

This back pressure helps align the folds up in a more balanced, squared up position

*****Great for transitions in the voice and finding a mixed register*****



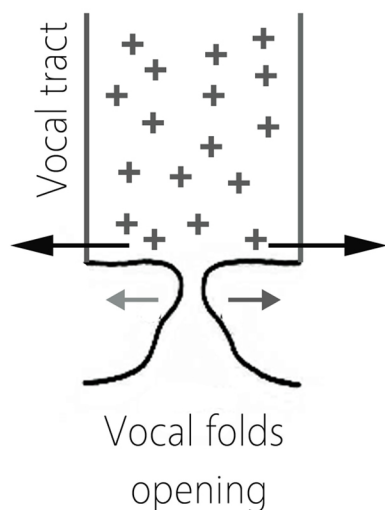
Back pressure reflected at lips



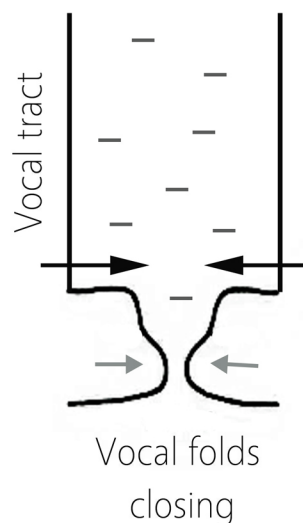
Pressure from the lungs

More pressure in the vocal tract column =
less effort to oscillate the vocal folds

As the folds open, the
positive pressure in the
vocal tract above **pushes**
them apart even more




As the folds close, the
negative pressure in the
vocal tract above **pulls** them
together even more



When the positive and negative pressures of
the vocal tract line up with the opening and
closing of the vocal folds it's like giving
someone a push on a swing at the exact right
moment– making the vocal folds a
self-sustaining oscillator

Creating the right space and pressure in the
vocal tract = less impact on the vocal folds

SOVT exercises = More pressure in the vocal tract
= less input needed from vocal folds
= more efficiency = less fatigue = 

For maximum benefit try -

--At least 15 minutes a day – use as a warm up or cool down or reset button

--Go back and forth between SOVT exercises and open mouth singing – try to keep same sensations of free oscillation and forward buzzing in resonator

--During repetitions use SOVT to avoid vocal fatigue

--SOVT is great for doing vocal slides through register breaks and accessing the extremes of the range

--Try straws with different lengths and diameters. The straw is meant to mimic the length and pressures of the vocal tract so find the size that works best for you

--Put two straws together lengthwise or two side by side

--To benefit from the maximum amount of back pressure, make sure no air is escaping around the lips or through the nose

--SOVT exercises are not the time to check out! Use a full respiratory effort! And key into the sensations of resonance and vocal production

