

DANE CHALFIN - VOCAL REHABILITATION COACH - WWW.DANECHALFIN.COM

STRETCH AND RELEASE

EXERCISES - INITIAL CHECK-IN

1. Turn the head as far as you can to the left then right. Notice how much tension you feel in the neck and give it a number between 1-10.
2. Place the tip of your tongue against the backs of your bottom teeth. Press the rest of the tongue out of your mouth from the back. Notice how much tension you feel at the back of the tongue and under the chin. Give it a number between 1-10.
3. Siren up from the bottom to the top of your range on a soft 'ng' sound. Notice how much tension you feel especially at the top and bottom of the range. Give it a number between 1-10.

When you finish the next set of stretch and release exercises go back and check in again with the previous manoeuvres. Notice how much the tension has dropped on each one. Ideally you want as little resting tension as possible, maybe a 1-3. Anything higher than that needs a little more stretch and release work and you should repeat the next set of exercises a few more times.

EXERCISES - STRETCH AND RELEASE

Exercise 1: Shoulder Clocks

1. Sit or stand with Active Alignment.
2. Imagine you have a giant clock face on both sides of your shoulders.
3. Take the shoulders up to 12 o'clock. Breathe.
4. Take the shoulders all the way forward to 9 o'clock. Breathe.
5. Take the shoulders all the way down to 6 o'clock. (Still breathing.)
6. Then take the shoulders all the way back to 3 o'clock.
7. Now start at 12 and move one hour at a time (12, 1, 2, 3, etc.)
8. Now go anti-clockwise the same way.
9. Repeat this three times in each direction making sure to move all the way through whole clock face.

Exercise 2: Head/Neck Rolls

1. Sit or stand with Active Alignment.
2. Drop the head so the chin is touching the chest or as close as possible. Let gravity have the weight of the head.
3. Slowly and smoothly drag the chin from the center of the chest up towards the left shoulder. Only take it as far as you can, keeping the chin touching the chest.
4. Slowly and smoothly drag the chin back to the center of the chest.
5. Repeat on the other side.
6. Repeat this at least three times.

Exercise 3: Head Tilt

1. Sit or stand with Active Alignment.
2. Keeping the head facing forward drop your ear down towards your shoulder.
3. Relax the jaw and let gravity have the weight of the head.
4. Stay in this position for 30 seconds and breathe into the stretch.
5. Repeat on the other side.
6. Repeat this at least three times.

Exercise 4: Jaw Massage

1. Place your fingers just under the cheekbones back towards the ears.
2. Press into the muscle and drag the fingers down and back towards the back of the jaw.
3. Repeat for 30 seconds.
4. Be careful not to drop the head forward. Keep your Active Alignment throughout.

Exercise 5: Tongue Massage

1. Grab your chin placing your thumbs into the fleshy part under the jaw.
2. Massage the fleshy muscular area under your chin with the thumbs for 30 seconds.
3. Be careful not to drop the head forward. Keep your Active Alignment throughout.

Exercise 6: Teeth Washing

1. Give your teeth a good scrub with your tongue.
2. Start with the upper teeth and go around clockwise five times.
3. Now repeat anticlockwise five times.
4. Move to the bottom teeth and repeat the previous steps.
5. The back of your tongue may ache a little in this exercise. Reduce the repetitions if it gets too unpleasant.

Exercise 7: Chew and Yawn

1. Chew an imaginary piece of toffee keeping your lips closed gently.
2. Imagine the toffee is growing as you chew and make space for it at the back of the throat and mouth without opening your lips.
3. This will eventually make you want to yawn. Enjoy a full, open yawn when you feel the impulse. A good yawn can last for several seconds. Try not to cut the yawn short. Feel the stretch in the back of the throat and in the breathing muscles all the way down into the pelvis.
4. Repeat this five times.

EXERCISES - CHECK-IN #2

Now go back and check in the way you did before you started the Stretch and Release work. You should notice that your resting tension levels have dropped. If they have not dropped below a 3 repeat the Stretch and Release exercises until they do.