

Voice Rehabilitation Program

after Voice Feminization Surgery



Complete Entire Set 4-5 Times Each Day

▪ Warm Up

2 times

Maintain same pitch –“F” below middle “C”

As softly as possible

Least amount of effort possible

For as long as possible, record time in seconds

1. Lip trills

2. /m/ sound

3. /mi/ sound

4. /m/ + /a, e, i, o, u/

▪ Stretching and Contraction

Glide from lowest note to highest note and back down

Forward tone focus as softly as possible

1. Lip trills

2. /m/ sound

3. /mi/ sound

4. /m/ + /a, e, i, o, u/

▪ Power

Do as softly as possible

Hold out as long as possible, record time in seconds

1. /m/ sound (sustain)

- /m/ for middle “C”/normal pitch (middle “C” for women, octave below for men)
- /m/ for “D” / one note higher
- /m/ for “E” / one note higher
- /m/ for “F” / one note higher
- /m/ for “G” / one note higher

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2. /mi/ sound (sustain)

- /mi/ for middle “C”/normal pitch (middle “C” for women, octave below for men)
- /mi/ for “D” / one note higher
- /mi/ for “E” / one note higher
- /mi/ for “F” / one note higher
- /mi/ for “G” / one note higher

3. /m/ + /a, e, i, o, u/ sound (sustain each vowel)

- /m/ + /a/ for middle “C”/normal pitch (middle “C” for women, octave below for men)
- /m/ + /a/ for “D” / one note higher
- /m/ + /a/ for “E” / one note higher
- /m/ + /a/ for “F” / one note higher
- /m/ + /a/ for “G” / one note higher

4. /m/ + /a, e, i, o, u/ sound (scale each vowel)

- /m/ + /a/ for middle “C”/normal pitch (middle “C” for women, octave below for men)
- /m/ + /a/ for “D” / one note higher
- /m/ + /a/ for “E” / one note higher
- /m/ + /a/ for “F” / one note higher
- /m/ + /a/ for “G” / one note higher

■ Resonance technique

Do as softly as possible
Gently sustain and scale

1. /ing/(as in sing)

- /ing/ + /a/ for middle “C”/normal pitch
- / ing / + /a/ for “D” / one note higher
- / ing / + /a/ for “E” / one note higher
- / ing / + /a/ for “F” / one note higher
- / ing / + /a/ for “G” / one note higher

2. /mi-ya-ong/

- /mi-ya-ong/ for middle “C”/normal pitch
- /mi-ya-ong/ for “D” / one note higher
- /mi-ya-ong/ for “E” / one note higher
- /mi-ya-ong/ for “F” / one note higher
- /mi-ya-ong/ for “G” /one note higher