

aphasiatoolbox.com

This exercise is designed to help a person with apraxia of speech regain independent control over his/her ability to phonate or use the voice for speech production. The goal is to clearly separate neural controls for the voice and the mouth movements. This allows for early work on voicing; vowel production; voice onset and stopping; syllable structure; and pitch control.

Basic treatment exercise steps:

1. Use the neutral vowel / a / as the vowel in “ all “
2. Explain to the client there are four distinct steps which include:
 - a. relax your jaw open.
 - b. turn on your voice.
 - c. turn off your voice.
 - d. after one second, slowly bring jaw up, closing your mouth.

3. The client has to say the vowel with no other movements while maintaining eye contact with you (completely relaxed tongue; no extraneous facial movements; no wandering eye glaze; no struggle of any kind). This is then a Perfect Viking 1.
4. Proceed to have the client do a perfect Viking 2. In this case the same procedures are followed relax the jaw open-pause, turn on the voice, turn off the voice, turn on the voice again, turn off the voice, and then slowly return the jaw back to the resting position. This would be a Perfect Viking 2.
5. Proceed until the client can make any VIKING from 1-5 at random request by you. "Make a perfect Viking 4."
6. Next have the client do sequential Vikings. In this case it would be a Viking 1 2 1 (a > a a > a >) and then progress to a Viking 1 2 3 2 1 and then to a Viking 1 2 3 4 3 2 1 . The client should be able to follow these directions and perform the Viking independently on your request. Go no further than 1 2 3 4 5 4 3 2 1.
7. Avoid the use of imitation; mirrors; recordings, etc or anything that would result on an external focus.
8. Have the client focus on the internal, proprioceptive FEEL of the movement of the jaw and relaxed nature of his face and neck.

How to make this basic exercise easier:

- Demonstrate the procedure for the client or perform it with him/her.

How to make this basic exercise harder:

- Introduce more vowel sounds, and have the client switch back and forth between two vowels.

How to expand this basic exercise:

- Have the client begin to use short – long vowels.
- Have the client begin to add prosody- changes in syllable stress (pitch; volume; prolongation of the vowel)

How to get extra practice for this basic exercise:

- Join online practice groups

[Additional SLP resources for this protocol available at](http://www.aphasiatoolbox.com)

www.aphasiatoolbox.com