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Cough Control: Coughing and throat-clearing are valving actions in the larynx (voicebox) that tighten and irritate the throat tissues and make them more sensitive. They suggest your brain thinks there's a threat to your airway. They can become part of a "vicious cycle" of the throat reacting to perceived threats, then getting irritated by the aggressive actions of coughing and throat-clearing.

Use strategies to prevent these behaviours:

1. Check your posture. Jaw jutting will promote tension in the throat, suggest to your brain that there's a threat to the airway and may trigger coughing. Sit back, drop chin.
2. Use continuous "circle breathing" through your nose to relax the larynx: no airway threat! Continue with normal breath, not exaggerated breathing. Don't hold your breath.
3. Drop your head forward on your chest, drop your arms at your sides and breathe into your back (through your nose) so you feel your back expand to draw the breath in, and release as the air flows out. Keep breathing in and out normally through your nose in a circle.
4. Don't be a mouth-breather! Mouth breathing irritates your throat and tightens the vocal folds. Keep your lips lightly closed with your jaw relaxed. If you are breathing hard while exerting yourself or if your nose is plugged, breathe through your nose as long as you can, then breathe through pursed lips to allow the air to get filtered and warmed. Keep you chin low.
5. Drink water, preferably through a straw, several swallows in a row. Keep chin low! Use a clearing swallow, not a throat-clear or cough when you finish.
6. Use a distraction strategy. Example: concentrate on wiggling a specific toe/s, while circle breathing.
7. Manage your reflux! Review "But Doctor, I don't have heartburn!" Youtube: Linda Rammage

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