Pitch Glides [Regular + Effortful]

Regular Pitch Glide Instructions:
✔ Take a deep breath.
✔ In your normal voice, slowly glide up to your highest pitch on “eeee.”
✔ Hold the highest pitch for 3-4 seconds if you can.

Effortful Pitch Glide Instructions:
✔ Take a deep breath.
✔ In your normal voice, slowly glide up to your highest pitch on “eeee.”
✔ Once at your highest pitch, use effort to make a forceful “eeeee” sound.

Please complete this exercise:

Why Use the Pitch Glides?
Research has shown that a reduced ability to reach a high pitch is correlated with aspiration / penetration. However, research is still unclear if doing pitch glides will improve swallowing. The hope is that pitch glides will target hyolaryngeal elevation and / or vocal fold function which will ultimately improve those functions for swallowing.

References:
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Outside Resources:
● Video of the Pitch Glide
● Swallowing Exercises List at National Foundation of Swallowing Disorders

Considerations for recommending Pitch Glides:
✔ This exercise does not have strong research with the dysphagia population to understand when / why to recommend in order to impact swallowing.
✔ There IS a correlation with decreased pitch range and penetration / aspiration, but research has yet to show that by practicing pitch range it will directly improve this.
✔ There is a risk of vocal hyperfunction with the effortful pitch glide.
✔ This exercise is a non-swallowing exercise for dysphagia; given what we know about the best practices for dysphagia, exercises that use swallowing may be 1st considered.