

# Stemple Exercises

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Most vocal exercises are to help the vocal folds (strengthening, flexibility, etc.). These exercises are different in that their purpose is to strengthen the fifteen muscles around the vocal mechanism. These exercises help to make all the muscles equally strong, therefore, allowing the vocal folds the freedom to vibrate with much less tension.

The following exercises were developed by Dr. Stemple for female voices. Male voices should choose pitches about a fourth below the ones listed here.

## I. WARM-UP

Sustain the sound “eeee” for as long and as softly as possible on the musical note “F”.

GOAL: 45 seconds with an uninterrupted tone flow

## II. STRETCHING

A. Slowly glide from your lowest note to your highest note on the sound “oh” as softly as possible.

GOAL: No voice breaks

B. Slowly glide from your highest note to your lowest note on the sound “oh” as softly as possible.

GOAL: No voice breaks

## III. POWER

Sustain the notes, one at a time, middle C, D, E, F, and G for as long as possible on the sound “oh” as softly as possible.

GOAL: 45 seconds with an uninterrupted tone flow

Each exercise should be done two times each, two times per day, and as softly (like a whisper) as they can be done. **The softer, the better.**

For the best effect, these exercises need to be done everyday, but good habits begin at the rehearsal. Take the time to do them completely each rehearsal and before any performance.

These exercises may also be used as a “cool down” after a rehearsal or performance where much is demanded of the voice.