Evidence-Based Stuttering Exercises by Severity Level

# Mild Stuttering

1. Diaphragmatic Breathing – slow inhale through nose, expand belly, exhale gently.

Link: <https://youtu.be/g2wo2Impnfg?si=RWgdU0_VLr-812Xc>

Text:

2. Easy Onset (Vowel Onset) – begin words with a soft /h/ + vowel.

Link: <https://youtu.be/_Qt_o_9b9KM?si=Huwy4zgo9lLMFThw>

Text:

3. Light Articulatory Contact – reduce pressure on consonants ('p‑la‑ce').

Link: https://youtu.be/N4ldvmiShK0?si=KhQDsqde4KiFUKlu

Text:

4. Prolonged Speech – stretch vowels within words to slow pace.

Link: https://youtu.be/Zr3uIjvsp-M?si=XZS75mCXVPT5Gkte

Text:

5. Continuous Voicing – maintain airflow through phrases.

Link: https://youtu.be/SaKDKVChiW8?si=jiD7nrlE-UU624pQ

Text:

6. Pausing & Phrasing – insert pauses after 2–5 syllables.

Link: https://youtu.be/rqfUp6s9x58?si=IcXZbrYHSWOeq7F8

Text:

7. Choral Speech – read aloud with another, matching timing.

Link:

Text: Implementing Choral Speech Exercises:

1. Start Slowly:

Begin by having the individual read short, simple phrases in unison with the therapist or a small group.

2. Gradual Increase:

Gradually increase the length and complexity of the material being read, and the size of the group.

3. Vary the Material:

Use a variety of reading materials, such as poems, short stories, or even song lyrics.

4. Focus on the Rhythm:

Pay attention to the rhythm and pacing of the speech, as this can also contribute to fluency.

5. Encourage Feedback:

Encourage the individual to provide feedback on their own speech and the speech of others in the group.

8. Breath Curve – inhale slowly, exhale on sustained sounds.

Link:

Text: How it Works:

1. Finding a Comfortable Position:

Sit or lie down in a relaxed position, ensuring your back is straight and you're free from distractions.

2. Placing Your Hands:

Place one hand on your chest and the other on your abdomen. This helps you feel the movement of your diaphragm as you breathe.

3. Inhaling Slowly:

Breathe in deeply through your nose, focusing on expanding your abdomen (your hand on your belly should rise) while keeping your chest relatively still.

4. Exhaling Slowly:

Breathe out slowly through your mouth, feeling your abdomen fall as the air is released.

5. Maintaining Rhythm:

Repeat this process, aiming for a slow, controlled, and rhythmic breathing pattern.

6. Talking on the Exhale:

As you become comfortable with the breathing pattern, try speaking while exhaling, as this can help regulate airflow and potentially reduce stuttering.

# Moderate Stuttering

1. Light Pull‑Outs – ease out during blocks by stretching the stutter.

Link: https://youtu.be/C\_bizdH7MB8?si=MDN3SZudJf3VefP7

Text:

2. Preparatory Sets – preplan gentle onset before expected stutter.

Link: https://youtu.be/ISzf7M9FnR4?si=adFHFTR0lLMVal26

Text:

3. Self‑Cancellations – finish word, pause, re‑say it fluently.

Link: https://youtu.be/SSp0boMgghk?si=2k\_4wS2DbUrPha7N

Text:

4. Yawn‑Sigh Initiation – relaxed onset from a yawn sigh.

Link: https://youtu.be/SyvOZJZddyc?si=2GMvbn\_TkMBHJnyW

Text:

5. Muscle Progressive Relaxation – tense-relax body to reduce tension.

Link: https://youtu.be/L0tCkDyDno0?si=n9VR\_7jh8eUtlByA

Text:

6. Fluency Shaping Drills – sustained speaking with light onset and phrasing.

Link: <https://youtu.be/g2wo2Impnfg?si=RWgdU0_VLr-812Xc>

Text:

7. Metronome or Rhythmic Speech – pace speech with beat.

Link: https://youtu.be/l\_\_Gri72UUc?si=ur8tgdebNdVJRXYj

Text:

8. Mindfulness/Meditation – reduce anxiety-induced blocks.

Link: https://youtu.be/DbDoBzGY3vo?si=0JMKRhbP-wXtTb3e

Text:

# Severe Stuttering

1. Continuous Phonation Phrases – practice longer passages smoothly.

Link: https://youtu.be/AJQ2xBns9JI?si=6yKwtI4yBACYpATh

Text:

2. Delayed Auditory Feedback (DAF) – use apps/devices to enhance fluency.

Link: https://youtu.be/d1\_onnibnlc?si=CXUiMOaawWGxXyrP

Text:

3. Speech Shadowing – echo fluent model speaker.

Link:

Text:

4. Breathing with 'Ssss' Exhale – exhale on 'ssss' to steady airflow.

Link:

Text:

5. Aerobic Exercise + Speaking – combine movement + speech for relaxation.

Link1 : <https://youtu.be/BIJ9uWc5Nu0?si=ZFcMfYMAX9WWAK9I>

Link 2 : https://youtu.be/IMMz\_e6REwY?si=WEDpA0d\_gkzqL5eZ

Text:

6. Cognitive Behavioral Integration – address stutter-related anxiety.

Link:

Text:

7. Voluntary Stuttering (Desensitization) – intentionally stutter to reduce fear.

Link:

Text:

8. Stutter‑Modification Role‑Plays – simulate real-life tough speaking situations.

Link:

Text:

4. Intensive Group Fluency Shaping Programs – e.g., 2‑week bootcamps using LSVT-style structure.

Link:

Text:

5. Speech‑Emotional Journaling – record stutter responses, track progress.

Link:

Text:

6. Peer‑Group & Support Network Practice – apply skills in low-pressure group settings (e.g. AIS, Stuttering Foundation).

Link:

Text: