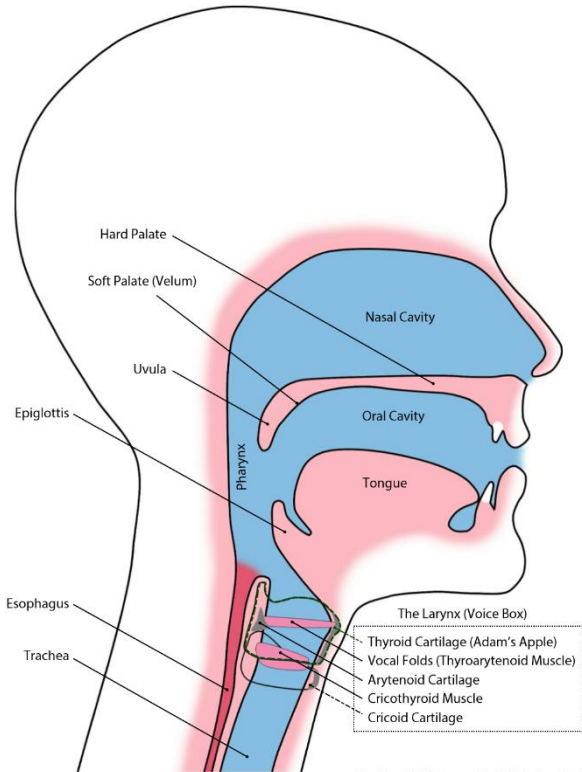




Maria Damore
Voice Studio

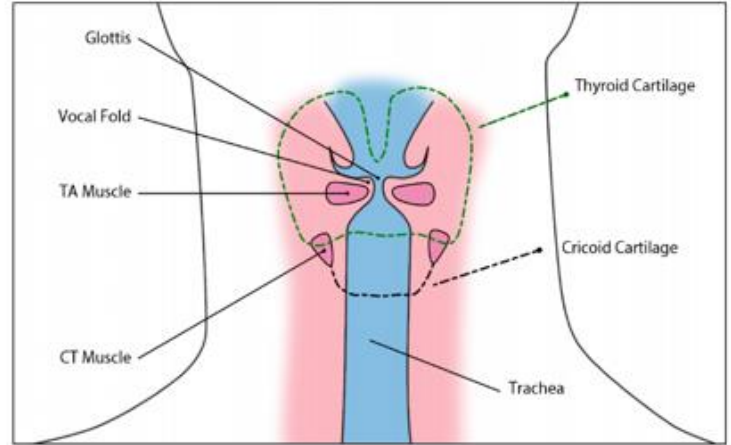
THE VOCAL TRACT



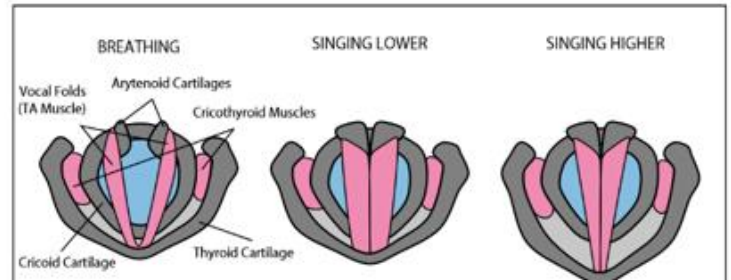
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THE LARYNX

Looking at The Larynx from the front (ANTERIOR VIEW)



Looking down on The Larynx from the top (TRANSVERSE SECTION, SUPERIOR ASPECT)



VOCAL CORDS ARE MULTI-LAYERED AND MUST STAY MOIST AND PLIABLE TO VIBRATE WITH EASE:

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VOCAL PROBLEMS CAN BE CAUSED BY:

HEAVY VOICE USE

- Teaching/Coaching
- Cheerleading
- Yelling at sports events
- Singing at loud concerts
- Too loud for too long
- Talking in loud places
- Excessive coughing
- Habitual throat clearing

PHYSICAL

- Stress
- Tension in body
- Jaw Problems - TMJ
- Poor head posture
- Poor body alignment
- Not enough air flow
- Too much air pressure
- Long rehearsals
- Inadequate rest

OTHER

- Virus/illness / Allergies
- Reflux (GERD/LPR)
- Hormonal changes
- Asthma / steroid inhalers
- Medications that dry
- Smoking / Vaping
- Low humidity environments
- Intubation before surgery

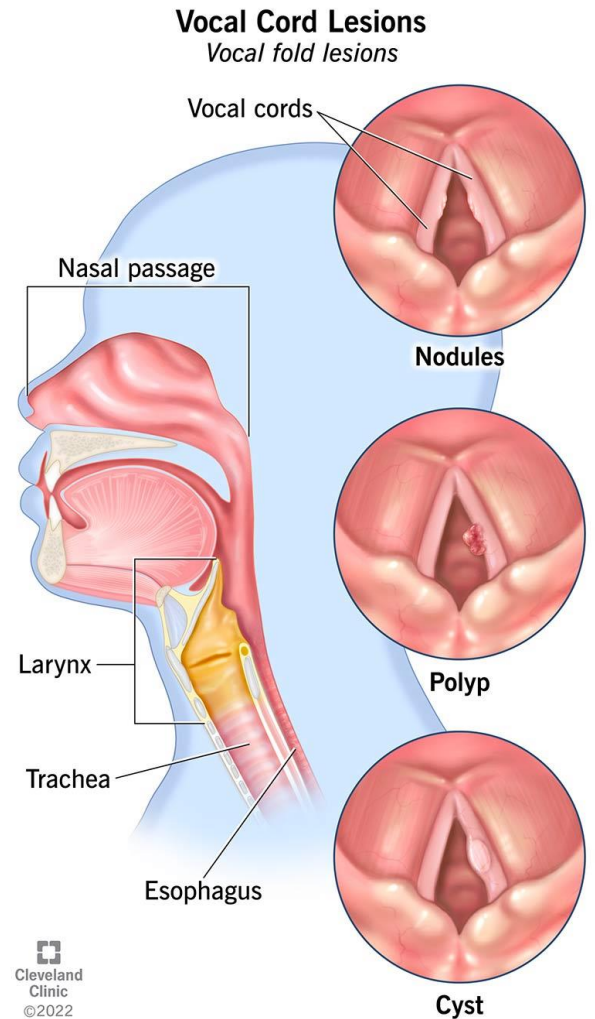
SYMPTOMS

YELLOW FLAG

- Throat tickle, need to cough
- Scratchy throat
- Breathy sound / tight sound
- Burning sensation
- Thick mucus, post-nasal drip
- Throat area muscle aches/pains, jaw pain
- Burping/bloating

RED FLAG

- Continued scratchy throat
- Hoarseness / raspy sound (2 weeks)
- Sensation of lump in throat
- Difficulty starting tone clearly
- Difficulty sirening high and low
- Difficulty with staccato
- Losing high, middle, or low notes
- Extra effort to make/maintain sound



DIAGNOSIS BY A LARYNGOLOGIST

PREVENTION IS KEY

VOICE

- Sip water all day
- Take voice naps
- Vocal warmups (SOVTs) every morning
- Vocal exercises for strength and flexibility
- Practice varying volume
- Cool downs (SOVTs)
- Monitor speaking habits
- Avoid yelling - use body support for loud sounds

PHYSICAL

- Relaxation exercises
- Postural exercises
- Breathing exercises
- Tension release for neck, jaw, shoulders
- Plenty of rest
- Avoid reflux trigger foods
- Avoid large meals at bed
- Avoid caffeine/alcohol
- Don't smoke or vape
- Avoid smoky places

OTHER

- Mark during rehearsals when possible
- Humidify the air
- Inhaled steam / nebulizer
- Nasal rinse for stuffy nose (distilled water)
- Suppress coughing and throat clearing
- Avoid whispering
- Keep mucus thin
- Visit a laryngologist