

Vocal Health for Online Teaching

By Rachael Gates, DMA

Vocal Health Specialist

Phonotraumatic Behaviors

Coughing

Sensations in neck

Throat Clearing

Hard glottal attacks

Glottal fry

Speaking on too little air

Healthy Speaking

Vibrations
in face

Warm-up before

Hydrate

Speaking in your
tessitura

Conversational
Voice

Break 5 min /
30 min

Low Breaths

Bedroom
humidity
30-40%

Long back of
neck

Great posture



Avoid 2 Hours Prior

- sugar
- pizza, spicy foods, greasy foods (McDonalds)
- peanut butter
- sugar
- fatty dairy (including chocolate)
- orange juice
- carbonated beverages

Vocal Health Tips



Hydrate

Approx. ½ body weight in ounces

Reduce caffeine

<500 mg / day

Phlegmy? Try lemon water

OTC/Rx Medications

Anti-inflammatories (Aleve[®] Advil[®])

Increase risk of vocal bruise

Decongestants (Sudafed[®])

Antihistamines (Benadryl[®] Clarinex[®])

Drying to voice

Antianxiety Meds & Antidepressants

(Prozac[®] Zoloft[®]) *Increase risk of laryngitis*



the **BULLETPROOF** MUSICIAN



Resources



THE OWNER'S MANUAL TO THE

VOICE

A Guide For Singers and
Other Professional Voice Users

THE Vocal Athlete

WENDY D. LEBORGNE • MARCI ROSENBERG

THE SINGER'S GUIDE TO COMPLETE HEALTH

EDITED BY ANTHONY F. JAHN, MD



Thank you!
gatesrk@gmail.com