



505 Dunn Street
Houma, LA 70360
PH: 985-872-0423

A Professional Medical Corporation

Chad M. Simon, M.D.
David L. Hagen, M.D.
Matthew G. Beyer, M.D.

1125 Audubon Ave.
Thibodaux, LA 70301
PH: 985-448-1030

Professional Voice Exercises

I. Voice Rest:

Complete Voice Rest: Reserved for serious injury to vocal cords. Complete silence for 4-5 days followed by partial voice rest until the condition has stabilized or resolved. Closely monitored. A reason for performance cancellation.

Partial Voice Rest: Most commonly employed in cases of laryngitis. This is not a stage whisper which is more harmful than a full voice. It is a soft breathy voice not employing projection of any kind.

Marking: Doing rehearsal marking or following the script with a breathy soft voice of humming is permissible in most instance.

- II. Humidification of air with or without aromatic additives. In an emergency, a teakettle may be used.
- III. Decongestants reduce the swelling of the nose and paranasal sinuses and control postnasal discharge.
- IV. Lubricants - Lozenges lubricate the throat and provide relief.
- V. Fluids and support measures - keeps the tissue moist. Good foods include herbal teas and fruity beverages without caffeine.
- VI. Avoid all foods or caffeine, spicy foods, chocolate, alcohol, nuts, milk, and late night meals after a performance.
- VII. Antihistamines and tranquilizers should be avoided because they dry the throat.

VIII. Long Term Care:

Birth control pills may decrease the vocal range and should be discontinued as soon as an entertainer notices a progressive change in her higher notes.

Anabolic drugs and all medications containing progesterone should be used with extreme caution because the masculinizing effects are usually irreversible.

Don't exert your voice in the presence of ambient noise during air travel, automobile trips, and noisy receptions.