

Protecting Your Vocal Health

An NASM – PAMA Student Information Sheet

- Vocal health is important for all musicians and essential to lifelong success for singers.
 - Understanding basic care of the voice is essential for musicians who speak, sing, and rehearse or teach others.
 - Practicing, rehearsing, and performing music is physically demanding.
 - Musicians are susceptible to numerous vocal disorders.
 - Many vocal disorders and conditions are preventable and/or treatable.
 - Sufficient warm-up time is important.
 - Begin warming up mid-range, and then slowly work outward to vocal pitch extremes.
 - Proper alignment, adequate breath support, and correct physical technique are essential.
 - Regular breaks during practice and rehearsal are vital in order to prevent undue physical or vocal stress and strain.
 - It is important to set a reasonable limit on the amount of time that you will practice in a day.
 - Avoid sudden increases in practice times.
 - Know your voice and its limits, and avoid overdoing it or misusing it.
 - Maintain healthy habits. Safeguard your physical and mental health.
 - Drink plenty of water in order to keep your vocal folds adequately lubricated. Limit your use of alcohol, and avoid smoking.
 - Day-to-day decisions can impact your vocal health, both now and in the future. Since vocal strain and a myriad of other injuries can occur in and out of school, you also need to learn more and take care of your own vocal health on a daily basis. Avoid shouting, screaming, or other strenuous vocal use.
 - If you are concerned about your personal vocal health, talk with a medical professional.
 - If you are concerned about your vocal health in relationship to your program of study, consult the appropriate contact person at your institution.
 - This information is provided by the National Association of Schools of Music (NASM) and the Performing Arts Medicine Association (PAMA). For more information, check out the other NASM-PAMA neuromusculoskeletal health documents, located on the NASM Web site.
- See also the NASM/PAMA Student Information Sheet on “Protecting Your Neuromusculoskeletal Health.”
- Vocal health is an aspect of neuromusculoskeletal health.