

# Protecting Your Vocal Health

## Student Information Sheet

National Association of Schools of Music  
Performing Arts Medicine Association

*This document is not copyrighted. It may be reproduced in whole or in part in the interest of education and institutional development. This resource may be edited to fit the local needs of departments, schools, or institutions. Any organization or institution may reproduce the document in quantities sufficient for its own use, but not for sale. Notice of credit to NASM and PAMA should appear on all versions of this resource, both original and as edited for local use.*

If you need this document in an alternate format for accessibility purposes (e.g. Braille, large print, audio, etc.) please contact Dr. Benjamin Schoening, [music@ung.edu](mailto:music@ung.edu), 706-867-4466.

# **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