

Singing Voice Rehabilitation 1-day course

This course is aimed at voice practitioners who already have a working knowledge of anatomy and function but who wish to gain a deeper understanding of voice disorders and post-clinical voice rehabilitation.

This is of particular interest to teachers who wish to understand the impact of vocal misuse in singers. It is also an ideal foundation for any singing teacher wishing to work within a multi-disciplinary voice clinic.

The singer – a special case

- Why are singers vulnerable to performance-related injury?
- Common problems
- Types of singing and the varying demands
- The rehab specialist – skills and boundaries

Vocal Health

- General advice for maintaining healthy voice use
- Diet and gastro-oesophageal reflux
- Voice and sport
- Pacing the voice through the working day
- Drugs and alcohol

Common Medications

- Remedies for the common cold
- Effects of over-the-counter medications
- Alternative medications

Common disorders and pathology

- Nodules
- Polyps
- Cysts
- Muscle tension Dysphonia

The Multi-disciplinary voice clinic