Protect Your Vocal Health
Short Student Information Sheet
National Association of Schools of Music
Performing Arts Medicine Association
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.
• Good posture, 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 at the URL linked below. LINK