



Manual of Singing Voice Rehabilitation: A Practical Approach to Vocal Health and Wellness

Leda Scarce

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Manual of Singing Voice Rehabilitation: A Practical Approach to Vocal Health and Wellness provides speech-language pathologists and singing teachers with the tools to lay the foundation for working with singers who have voice injuries. Singing voice rehabilitation is a hybrid profession that represents a very specific amalgam of voice pedagogy, voice pathology, and voice science. Becoming a singing voice rehabilitation specialist requires in-depth training and thorough preparation across these fields.

This text presents a conceptual and practical basis for interacting with singers in an effective and supportive way, identifying factors to address, structuring singing voice rehabilitation sessions, and ensuring that singers are getting adequate exercise while allowing their injuries to heal, as well as resources and materials to provide to singers to optimize the outcome of their rehabilitation.

Each chapter exposes readers to important concepts of singing voice rehabilitation and the elements that need to be addressed in the singing voice rehabilitation process, which include medical factors, emotional factors, vocal hygiene, vocal pacing, and vocal coordination and conditioning. This text contains information for developing exercises and interventions to target specific vocal problems and guidance in customizing vocal exercises based on injury, singing style, skill level, professional level, and the particular vocal demands of each singer.

Key features include:

- Rehabilitation and therapy exercises
- Clinical case studies to illustrate real-life examples and practical application
- Downloadable educational handouts available on a PluralPlus companion website

While the intended audience for this book is speech-language pathologists and teachers of singing who are accomplished performers, experienced pedagogues, and clinically and scientifically well-informed, there is information herein that will be of value to all singers, physicians interested in learning more about the behavioral side of singing voice rehabilitation, nonsinging speech-language pathologists, or anyone seeking knowledge about singing health, including music educators, music therapists, conductors, vocal coaches, worship leaders, or music directors.

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