



Voice Conservation

Volume 1, Issue 2

May 2008

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Voice conservation doesn't mean "no talking" or whispering. There are actually very few cases for which we recommend total voice rest, and most of those situations follow vocal fold surgery. Conserving your voice means taking steps to minimize the impact stress on the vocal folds in order to preserve the vibrating tissues. You may be asking yourself, "who needs to conserve their voice?" Those who use their voice extensively, whether professionally or otherwise, tend to be the one's who need to conserve.

What can be done to conserve the voice? Here are some guidelines:

- Decrease the loudness of your voice to reduce impact stress on the vocal folds. The rule of thumb is talk no louder than you would in a face to face conversation in a quiet setting.
 - Amplification is an excellent tool to make your voice louder without increasing the impact stress on the vocal folds.
 - Reduce ambient room noise, such as television, radio, fans, etc. Less ambient room noise means less sound over which your voice has to compete.
 - Utilize good posture, whether standing or sitting. This will improve airflow through the vocal folds, as well as reduce tension and strain.
 - Take a "vocal nap." In other words, simply rest your voice for 5-15 minutes every 1-2 hours. This allows both the vocal musculature and the vibrating tissue to rest and restore after extended use.
 - If you are at a sporting event, use non-vocal forms of cheering, such as hand clapping, waving, or whistling.
 - Make sure your voice is warmed up sufficiently when public speaking or performing.
 - As always, stay hydrated! If you keep the tissues of the throat and larynx moisturized and lubricated, you will be less likely to engage in chronic behaviors that will damage your vocal folds over time. This would include throat clearing and excessive, habitual coughing.
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