



**EAST TEXAS A&M**  
UNIVERSITY

# School of Music

## Vocal Health Resources

### **NASM-PAMA Advisories on Neuromusculoskeletal and Vocal Health:**

<https://nasm.arts-accredit.org/publications/brochures-advisories/nasm-pama-nms-vocal-health/>

#### **Protecting your Neuromusculoskeletal Health (student information sheet):**

[https://nasm.arts-accredit.org/wp-content/uploads/sites/2/2016/02/5a\\_NASM\\_PAMA\\_NMH-Student\\_Information\\_Sheet-Standard-NMH\\_June-2014.pdf](https://nasm.arts-accredit.org/wp-content/uploads/sites/2/2016/02/5a_NASM_PAMA_NMH-Student_Information_Sheet-Standard-NMH_June-2014.pdf)

#### **Protecting Your Vocal Health (student information sheet):**

[https://nasm.arts-accredit.org/wp-content/uploads/sites/2/2016/02/6a\\_NASM\\_PAMA\\_NMH-Student\\_Information\\_Sheet-Standard-Vocal\\_June-2014.pdf](https://nasm.arts-accredit.org/wp-content/uploads/sites/2/2016/02/6a_NASM_PAMA_NMH-Student_Information_Sheet-Standard-Vocal_June-2014.pdf)

**Protect Your Neuromusculoskeletal and Vocal Health Every Day (info & recommendations for student musicians):** [https://nasm.arts-accredit.org/wp-content/uploads/sites/2/2016/02/4a\\_NASM\\_PAMA\\_NMH-Student\\_Guide-Standard\\_June-2014.pdf](https://nasm.arts-accredit.org/wp-content/uploads/sites/2/2016/02/4a_NASM_PAMA_NMH-Student_Guide-Standard_June-2014.pdf)

#### **Basic Information on Neuromusculoskeletal and Vocal Health for Faculty and Staff:**

[https://nasm.arts-accredit.org/wp-content/uploads/sites/2/2016/02/2\\_NASM\\_PAMA\\_NMH-Faculty\\_and\\_Staff\\_June-2014.pdf](https://nasm.arts-accredit.org/wp-content/uploads/sites/2/2016/02/2_NASM_PAMA_NMH-Faculty_and_Staff_June-2014.pdf)

### **NASM-PAMA Advisories on Hearing Health:**

<https://nasm.arts-accredit.org/publications/brochures-advisories/nasm-pama-hearing-health/>

#### **Protecting Your Hearing Health (student information sheet):**

[https://nasm.arts-accredit.org/wp-content/uploads/sites/2/2016/02/5a\\_NASM\\_PAMA-Student\\_Information\\_Sheet-Standard.pdf](https://nasm.arts-accredit.org/wp-content/uploads/sites/2/2016/02/5a_NASM_PAMA-Student_Information_Sheet-Standard.pdf)

**Protect Your Hearing Every Day (info & recommendations for student musicians):**

[https://nasm.arts-accredit.org/wp-content/uploads/sites/2/2016/02/4a\\_NASM\\_PAMA-Student\\_Guide-Standard.pdf](https://nasm.arts-accredit.org/wp-content/uploads/sites/2/2016/02/4a_NASM_PAMA-Student_Guide-Standard.pdf)

**Basic Information on Hearing Health for Faculty & Staff:**

[https://nasm.arts-accredit.org/wp-content/uploads/sites/2/2016/02/2\\_NASM\\_PAMA-Faculty\\_and\\_Staff\\_2011Nov.pdf](https://nasm.arts-accredit.org/wp-content/uploads/sites/2/2016/02/2_NASM_PAMA-Faculty_and_Staff_2011Nov.pdf)

**Vocal Health Resources**

<https://natssouthern.com/images/docs/region/conference/NATS%20Regional%20The%20Singers%20Preventative%20Maintenance%20Program.pdf>

<https://www.uofmhealth.org/conditions-treatments/ear-nose-throat/maintaining-vocal-health>

[https://vocapedia.info/wiki/Vocal\\_Health\\_What\\_NATS\\_Teachers\\_Need\\_to\\_Know](https://vocapedia.info/wiki/Vocal_Health_What_NATS_Teachers_Need_to_Know)

[https://vocapedia.info/wiki/A\\_Singer\\_s\\_Guide\\_to\\_Vocal\\_Care](https://vocapedia.info/wiki/A_Singer_s_Guide_to_Vocal_Care)

[https://vocapedia.info/wiki/Health\\_Promotion\\_and\\_Injury\\_Prevention\\_Education\\_for\\_Student\\_Singers](https://vocapedia.info/wiki/Health_Promotion_and_Injury_Prevention_Education_for_Student_Singers)

[https://vocapedia.info/wiki/Vocal\\_Fold\\_Swelling\\_Checks:\\_A\\_Simple\\_Way\\_to\\_Detect\\_the\\_Early\\_Signs\\_of\\_Vocal\\_Injury](https://vocapedia.info/wiki/Vocal_Fold_Swelling_Checks:_A_Simple_Way_to_Detect_the_Early_Signs_of_Vocal_Injury)

<https://www.usa.edu/blog/10-dos-and-donts-for-good-vocal-health/>

**Hydration:**

[https://vocapedia.info/wiki/Hydration\\_and\\_Voice](https://vocapedia.info/wiki/Hydration_and_Voice)

**Nutrition:**

<https://wp.stolaf.edu/musician-health/nutrition-eating-and-singing/>

**Vocal Health in Choral Singing:**

[https://vocapedia.info/wiki/Choral\\_Pedagogy\\_and\\_Vocal\\_Health](https://vocapedia.info/wiki/Choral_Pedagogy_and_Vocal_Health)

<https://medicine.uiowa.edu/iowaprotocols/teaching-vocal-health-music-educator-music-and-medicine-monday>

**Cool-Downs:**

<https://kariragan.com/wp-content/uploads/2014/02/The-Efficacy-of-Vocal-Cool-Down-Exercises-JOS-2018.pdf>

**Voice Use:**

[https://vocology.utah.edu/\\_resources/documents/technology\\_translated\\_to\\_teaching\\_exploring\\_vocal\\_dosimetry\\_schloneger\\_manternach.pdf](https://vocology.utah.edu/_resources/documents/technology_translated_to_teaching_exploring_vocal_dosimetry_schloneger_manternach.pdf)

<https://acda.org/archives/5110>

**Music and Medicine:**

[https://www.youtube.com/playlist?list=PLAQNAhi5wdcRinJyPSGTpToEp9xmNL\\_Ee](https://www.youtube.com/playlist?list=PLAQNAhi5wdcRinJyPSGTpToEp9xmNL_Ee)

**Health in Music Education Symposium (2016):**

<https://www.unthsc.edu/texas-college-of-osteopathic-medicine/tcpah/health-in-music-education-symposium-2016/>

**Performing Arts Medicine:**

<https://www.unthsc.edu/patient-care/specialties/performing-arts-medicine/>

**Psychological Health in Schools of Music:**

[https://artsmed.org/wp-content/uploads/2021/05/stars-nasm-pama-psychological-health\\_v2.pdf](https://artsmed.org/wp-content/uploads/2021/05/stars-nasm-pama-psychological-health_v2.pdf)