

“The Singer’s Preventative Maintenance Program” encompasses vocal health and wellness recommendations for singers, as well as vocal exercises that can be used to prevent vocal fatigue and injury. The goal is to avoid vocal injury and early vocal fatigue by incorporating good vocal hygiene and low impact singing exercises which refresh the voice and strengthen the musculature of singing, without any unnecessary tension or pressure. These recommendations can be followed on a daily basis to maintain good vocal health and wellness, but can also be used when vocal pathology is present. This is an interactive presentation, allowing for participation by all who are present.

- **Vocal Hygiene:** “The Singer’s Preventative Maintenance Program” includes recommendations for good hydration, speech habits to be avoided as well as recommendations for healthy speech habits and relaxation exercises such as McClosky’s Six Areas of Relaxation. Laryngoscopic videos are included to demonstrate the effects of poor hydration, as well as voice misuse and abuse.
- **Voice Disorders:** this section includes detailed information of diagnoses such as the common cold, acute laryngitis, chronic laryngitis, gastroesophageal reflux disease and vocal nodules. Laryngoscopic videos are included to demonstrate the results of these diagnoses.
- **Low Impact Singing Exercises:** this section details semi-occluded vocal tract exercises such as Vocal Function Exercises, Lip Buzz, Straw Phonation and the judicious use of nasal resonance to prevent excessive subglottal pressure and warm up the voice using soft phonation. After explanation and demonstration of each exercise, participants are given an opportunity to try the exercises in real time.
- **Vocal Onset and Release:** Richard Miller developed these exercises based on the historic Bel Canto school of singing to teach a balanced, easy onset of the singing tone, and avoid the hard glottal attack. After explanation and demonstration of each exercise, participants are given an opportunity to try the exercises in real time.
- **Pilot Study:** this section includes the results of a pilot study on the effectiveness of two different vocal exercises for singers, including the Vocal Function Exercises and Vocal Onset and Release.
- **Vocal Therapy in Action:** the presentation concludes with a look at a case study of a typical singing voice therapy program, including before and after images of an unhealthy and healthy larynx.

Matt has been a member of the voice faculty at Arkansas State University since 1997. He has been the music director and conductor for the ASU Theater Department's Musical and has co-hosted the College of Fine Arts radio program "Spotlight on the Arts" on public radio NPR affiliate KASU 91.9 FM. Matt has sung with opera companies throughout the United States as well as Germany, and his leading roles include Guglielmo, Valentin, Figaro in *Barbiere di Seviglia*, Alfonso in *La Favorita*, Heerufer in *Lohengrin*, Lescaut in *Manon*, Marcello in *La Bohème*, Ford in *Falstaff*, Silvio in *I Pagliacci* and Don Giovanni. Matt has performed with the symphony orchestras of Hamburg, Kotka (Finland), Santa Barbara, the NDR Orchester of Bremen, the Delta Symphony Orchestra and the Arkansas Symphony Orchestra. He has conducted Vocal Master Classes throughout the state of Arkansas and along with his colleagues, Marika Kyriakos and Bethania Baray, he conducts a weekly Studio Class open to all voice students. He is a regular adjudicator at State and Regional NATS competitions, where his students frequently reach the Finals, as well as other local and regional competitions. Matt continues to perform in recital and concert both at A-State and around the country. For the last 10 years, Matt has been a licensed Speech-Language Pathologist, specializing in Singing Voice Therapy- the habilitation of the injured singing voice. In the Fall of 2014, in collaboration with A-State Assistant Professor of Communication Disorders Shanon Brantley, Matt conducted a 30 day pilot study examining the effectiveness of two different types of vocal exercises.

The Singer's Preventative Maintenance Program has previously been presented at universities throughout Arkansas, Tulane University, University of Alabama, University of Memphis, Montclair University (NJ) and the Mississippi College Vocal Arts Conference, and most recently at the Southern Region National Association of Teachers of Singing Conference in Natchitoches, Louisiana, November 8, 2018.

Requirements:

Smart board or screen with projector and cable connection to a Macbook Pro laptop. Audio capability.