

Don't Lose It, Use It!

New Skills to Support and Maintain Your Speaking Voice

**Presented by Angelynne K. Hinson
Voice Support Services**



**Parkinson's Disease:
Strategies to Manage Some Common Challenges**
Hosted by  **Dartmouth-Hitchcock**

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Remember:

1. Singing is sustained speech
2. Singing uses the brain, body, breath and vocal folds
3. Optimal singing needs:
 - intention
 - focus
 - body awareness
 - managed breathing
 - efficient phonation



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Exercises for every day:

Focus and Intention – sit quietly, putting your complete attention on something

Stretch and tap – stimulate blood circulation and awareness all over

Breathe – deeply and often

Phonate – start with sirens, up and down, then add words

Find a song you like – sing along, notice and sing the sustained notes and long phrases, notice the consonants and “kick” them

Find someone/other people to sing with – join a community group, sing with friends and family, keep it simple

Supplemental Therapies

Qi Gong/Tai Chi/Yoga (**breathing/stretching**)

Pilates/Alexander Technique (**core/posture**)

Feldenkreis/Rolfing (**muscle/emotional**)

Cranial Sacral/Reiki (**energy**)

Acupuncture/Chiropracty (**pressure point**)

Conductive Education (**cognitive**)

Rock Steady/Kick boxing (**fitness regimen**)

LSVT/LOUD Crowd/SPEAKout (**intensive voice**)



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Complimentary Mind/Body Work Therapies

Alexander Technique
Reiki
Craniosacral
Massage
Pilates
Gyro kinesis
Feldenkreis
Acupuncture
Hypnosis
Attunement

Chiropractic
Reflexology
Voice Movement Therapy
Neuromuscular Therapy
Vibrational Therapy
Rolfing
Tens Unit
Tomatis Listening Therapy
Somatic Voice Therapy
Physical Therapy

Meditation/Prayer
Yoga
Tai Chi
Qi Gong
Conductive Education
Brain Gym

Aerobic Exercise
Resistance/Weight Training
Swimming/Aquacise or Zumba

Dance for PD
Rock Steady/Kickboxing
LSVT
LOUD Crowd/SPEAKout



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