



**A Singer's Guide to the Aging Voice**

**Terms & Vocabulary**

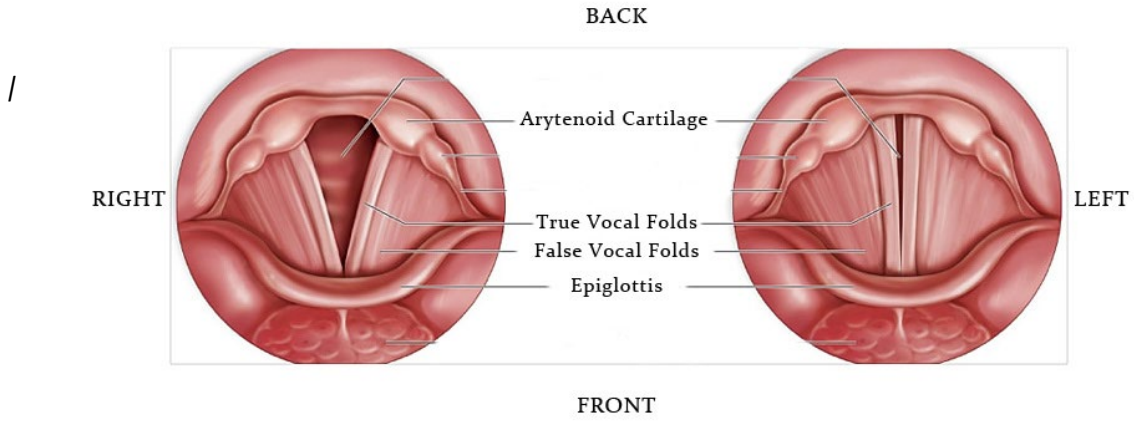
<b>Abduction</b>	Action by which a part is drawn away from the median line (as in the opening of the vocal folds). <i>Miller, 301</i>
<b>Adduction</b>	To draw toward the median of the axis (as in the closing of the vocal cords). <i>Miller, 301</i>
<b>Aphonia</b>	Loss of ability to speak through disease of or damage to the larynx or mouth. <i>Oxford</i>
<b>Atrophy</b>	The thinning of one or both of the vocal folds.
<b>Chest Voice</b>	The "low" register of the speaking or singing voice.
<b>Dysphonia</b>	Difficulty in speaking due to a physical disorder of the mouth, tongue, throat, or vocal cords. <i>Oxford</i>
<b>Edema</b>	(Reinke's Edema or "Smoker's Voice) a swelling of the superficial layer of tissue (Lamina propria) surrounding the vocal cords.
<b>Epithelium</b>	A cellular tissue that covers free surfaces, tubes or cavities of the body. Enclosing and protecting.
<b>False Cords</b>	(Ventricular Bands) A cord of tissue above the "true" cords that assist in in the function of the true cords in closing (thyroarytenoid muscle).
<b>Falsetto</b>	Phonation that relies only on a small portion of the vocal folds, usually in male voices.
<b>Head Voice</b>	The "high" register of the speaking or singing voice.
<b>Laryngitis</b>	Inflammation of the larynx, typically resulting in huskiness or loss of the voice, harsh breathing, and a painful cough. <i>Laryngitis</i>
<b>Larynx</b>	Organ of phonation. <i>Vennard, 246</i>
<b>Mixed Voice</b>	Singing within the continuum (Ragan) or overlap (Vennard) of the registers.
<b>Nodules</b>	(Nodes)A lump formed by an aggregate of cells on the vocal fold. <i>Miller, 313</i>
<b>Ossification</b>	The hardening of tissue into a bony substance.
<b>Passaggio</b>	Vocal register pivotal point (as in primo passaggio, secondo passaggio)
<b>Pedagogy</b>	(Vocal Pedagogy, Acoustic Vocal Pedagogy) Vocal pedagogy is the study of the art and science of voice instruction. It is used in the teaching of singing and assists in defining what singing is, how singing works, and how proper singing technique is accomplished.

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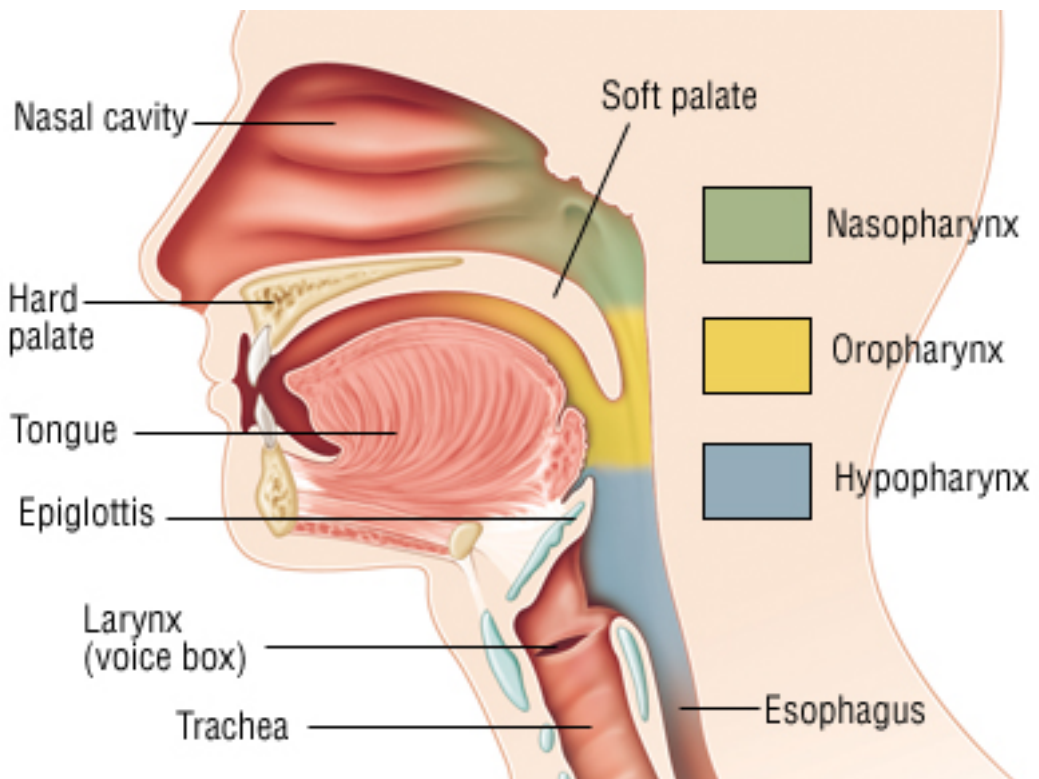
<b>Register</b>	A series of consecutive voice tones of equal (or similar) timbre.
<b>Resonators</b>	(Resonator System) The anatomical structures that amplify phonation (sinus cavities, pharynx, mouth, nose).
<b>SOVT</b>	(Semi-Occluded Vocal Tract) A way of exercising the voice that increases the suprapharyngeal air pressure, such as with a closed mouth, straw, or other technique.
<b>Tremor</b>	(Essential Tremor) Essential tremor is a nervous system (neurological) disorder that causes involuntary and rhythmic shaking. It can affect almost any part of your body, but the trembling occurs most often in your hands — especially when you do simple tasks, such as drinking from a glass or tying shoelaces. <i>Mayo</i>
<b>Tremolo</b>	Vibrato rate that is too small and narrow (in opposition to wobble or oscillation). <i>Miller, 312</i>
<b>Vagus Nerve</b>	Historically cited as the pneumogastric nerve, is the tenth cranial nerve or CN X, and interfaces with the parasympathetic control of the heart, lungs, and digestive tract. The Vagus “nerves” are normally referred to in the singular. <i>Wikipedia</i>
<b>Vibrato</b>	A pitch variant produced as a result of neurological impulses of the voice when proper coordination exists between the breath mechanism and the phonatory mechanism. <i>Miller 313</i>
<b>Vocal Folds</b>	The cords of tissue responsible for phonation (vocalis muscle).
<b>Vocology</b>	The science and practice of vocal habilitation, or vocal training and therapy. <i>Wikipedia</i>
<b>Wobble</b>	Undesirable oscillation of the singing voice. <i>Miller 313</i>

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## Diagrams



*google.com images*



*google.com images*

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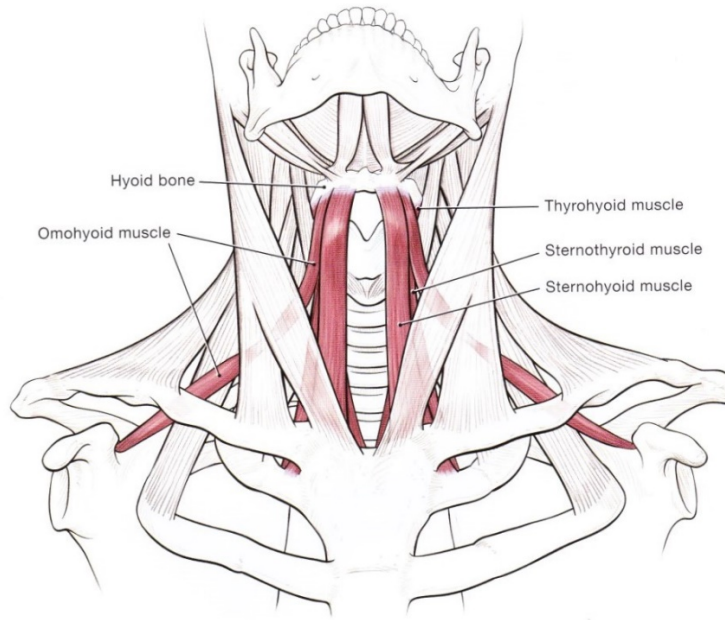


Figure 3-12. Sternohyoid, sternothyroid, thyrohyoid, and omohyoid are all depressors of the hyoid and larynx and are known collectively as the "strap" muscles.

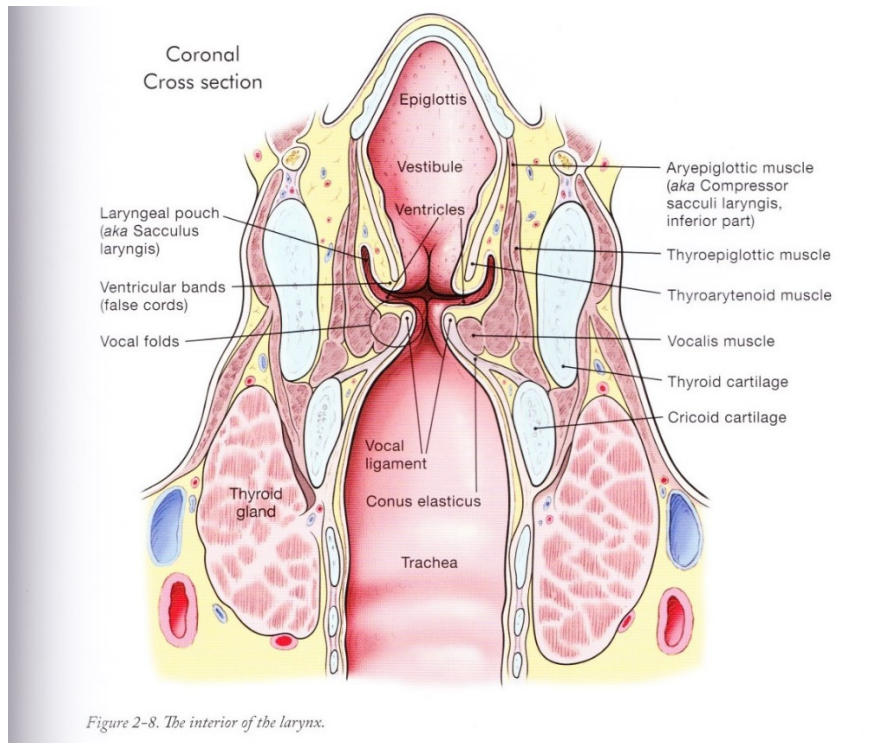


Figure 2-8. The interior of the larynx.

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### Works Cited & Resources

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Vennard, William. *Singing: the Mechanism and the Technic*. 1968.

### Helpful Links

Ingo Titze & Straw Phonation: <https://youtu.be/0xYDvwvmBIM>

Tom Burke & Water Bubble Phonation: <https://youtu.be/CYkqLed1JZw>

<https://www.voicescienceworks.org/>

<https://www.parkinsonvoiceproject.org/>