

Mayo Clinic Medical Edge

Vocal Cord Therapy

1:00

Log

Audio

Intro with music	GIVING YOU THE EDGE ON HEALTHY LIVING, HERE'S MAYO CLINIC MEDICAL EDGE.
	THESE EXERCISE'S MAY SOUND A LITTLE SILLY, BUT THEY'RE TRAINING CHRISTINA SPARKS TO USE HER VOICE EFFICIENTLY.
Christina Sparks, Patient	"SINGING IS JUST MY PASSION."
	YOU SEE, THE WAY CHRISTINA WAS SINGING AND SPEAKING PUT STRAIN ON HER VOCAL CORDS. ENOUGH STRAIN THAT CHRISTINA DEVELOPED VOCAL NODULES... CALLUS LIKE BUMPS ON THE VOCAL CORDS. IT CAN HAPPEN TO ANYBODY WHO SINGS, TALKS A LOT OR SCREAMS AT FOOTBALL GAMES. THE NODULES SAYS

	MAYO CLINIC DR. DIANA ORBELO, CAN RESULT IN PAIN IN THE NECK AREA OR JUST A BREATHY, HOARSE VOICE. BUT VOCAL THERAPY MAY REVERSE THE DAMAGE AND HELP YOUR VOICE SOUND BETTER AND LAST LONGER.
Diana Orbelo, Ph.D.	“JUST LIKE ANY ATHLETE, YOU HAVE TO HAVE SPEED, AGILITY, FLEXIBILITY AND ENDURANCE.”
	DR. ORBELO PUT CHRISTINA ON A TRAINING PROGRAM SO SHE CAN BE VOCALLY FIT NOW AND IN THE FUTURE.
	FOR MORE INFORMATION, TALK TO YOUR DOCTOR OR VISIT MAYOCLINIC.ORG. I’M VIVIEN WILLIAMS.