

Studies work from multiple perspectives

Self-MFR stretching improved vocal performance.

Stogner, B. P. (2023). *The Impact of Incorporating Self-myofascial Release Into Voice Lessons: A Six-Week Study* (Order No. 30689797). Available from ProQuest Dissertations & Theses Global. (3043652496).

Feldenkrais benefits the singer.

Gilman, M. (2021). Voice/Singing. *The Feldenkrais Method*.

Yoga practices enhance the voice users/musicians/singers/patients to relax and focus on the self, to **release the unnecessary tension in the body**, to be self-confident and to achieve success consciously.

Özgür, G. (2020). The Effects of Yoga on Singing. *Journal of Social and Humanities Sciences Research*, 7(55), 1763-1771.

Improving posture helped the singer with **phonation and vocal quality**.

Cirilo, TAS, Oliveira, VGD, Ceniz, AA, Tanigute, CC, Fernandes, ACN, & Silva, EMD (2021). Singers' postural alignment and vocal quality. *Audiology-Communication Research*, 26, e2499.

Manual therapy to the diaphragm improved performance

Ciuryk, J., Michalik, D., Hordyjewicz, K., Matecki, P., Frankowski, G., Kłaczyński, M., & Kulesa-Mrowiecka, M. (2021). Investigation of the relationship between the diaphragm muscle relaxation therapy, voice emission and postural stability in amateur and professional singers of Academy of Music: preliminary study.

Warm-up and cool-down exercises improve acoustic parameters in the singer.

Mezzedimi, C., Spinosi, M. C., Massaro, T., Ferretti, F., & Cambi, J. (2018). Singing voice: acoustic parameters after vocal warm-up and cool-down. *Logopedics Phoniatrics Vocology*, 45(2), 57–65. <https://doi.org/10.1080/14015439.2018.1545865>

The **psoas major** plays a role voice and learning to control tension here benefits vocal problems.

Bartoskova, M. (2021). The Role of the Psoas Major Muscle in Speaking and Singing. *Voice and Speech Review*, 15(2), 200-210.

Manual therapy to the **larynx improved dysphonia**.

Pani, S., Chatterjee, I., & Kumar, S. MANUAL THERAPY IN MUSCLE TENSION DYSPHONIA (MTD) FOR SINGERS—RECENT REVIEWS AND A CASE STUDY. *WORLD JOURNAL OF ENT & HEAD-NECK SURGERY*, 14.

Kinesio taping showed gains in **dysphonia in singers**.

Mezzedimi, C., Spinosi, M., Mannino, V., Ferretti, F., & Al-Balas, H. (2020). Kinesio taping application in dysphonic singers. *Journal of Voice*, 34(3), 487-e11.

Stretching (Pilates) improved the abilities: “Performance preparation and posture were found to be enhanced, muscle tension was reduced, vocal range increased and there were improvements in stamina and breathing.”

Sutton, M. (2020). *Breathe in for nothing: an interpretative phenomenological analysis exploring the influence of a Pilates warm-up in singers* (Doctoral dissertation, Stellenbosch: Stellenbosch University).

Breathing exercises and manual therapy significantly improved the **laryngeal function, breathing performance and voice handicap in traditional singers suffering from MTD**.

Ahmadi, N., Moein, N., Tameshlu, M., Ghelichi, L., Kamali, M., & Jenabi, M. S. (2022). The effect of breathing exercises combined with manual therapy on muscle tension

dysphonia in traditional singers: a blinded randomized controlled trial. *European Archives of Oto-Rhino-Laryngology*, 279(6), 2989-2996.

Alexander Technique improved voice quality.

Sethson, M. (2021). The Alexander Technique for a singing actor.

Do these studies point to the professional needing to incorporate all to maximize function and performance?

Or is the diversity simply representing the many ways we can reach the unique individual?

Is there a specific stretch routine that best enhances performance? Or are we doing something that feels necessary and good?

Fritz W. (2024). The mechanism of action for laryngeal manual therapies: the need for an update. *Current opinion in otolaryngology & head and neck surgery*, 32(3), 151–155.

<https://doi.org/10.1097/MOO.0000000000000966>

Fritz, W. (2023). Manual therapy for voice and swallowing: a person-centered approach. *Compton Publishing Ltd*.