

## ***“Theory and Practice: Vocal Fry as a Voice Habilitation Task for Singers”***

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Recent public commentary has focused on the detrimental aspects of vocal fry in human speech. Indeed, perceptual studies point towards vocal fry as being an undesirable voice quality and the literature indicates that the habitual use of vocal fry in speech can be hazardous. However, voice research has shown that vocal fry has a number of physiological benefits including, but not limited to: lower subglottal pressure, decreased interarytenoid activity, and epilaryngeal narrowing. These potential benefits to voice production point to the use of vocal fry as a habilitation task for singers and has been discussed by voice researchers (Emerich, Nix, & Titze, 2005).

This workshop will demonstrate the use of vocal fry during a voice lesson both in vocal warmups and in repertoire. It will help audience members to understand and efficiently implement such tasks in the habilitation of singers. A brief handout will be distributed to inform and educate audience members about the evidence-based rationale for using vocal fry to habilitate the singing voice.

### **Citation:**

Emerich, K., Titze, I. R., & Nix, J. (2005). “Voice Research and Technology: Application of Vocal Fry to the Training of Singers.” *Journal of Singing*, 62 (1), pp. 53-59.