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INFLUENCING VOICE BY MANIPULATING THE SKIN? HOW ELASTIC THERAPEUTIC TAPE CAN BE USED TO FACILITATE VOICE AND BREATHING.

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Making sound is only possible through correctly timed, coordinated and rhythmic muscle use, a proper postural alignment and economic breathing. Vocalisation, phonation and articulation is only possible if all bodily instruments work functionally and in harmony. The anatomic structures, voice use and expectations all require a sound muscular system working in the best possible coordinated fashion. Singers, professional speakers and voice professionals also need to be able to work under both physiological and psychological pressure and for longer periods of time.

A healthy coordinated neuromuscular system is of imminent importance to ensure that sound can be produced for any given amount of time. This system can be put under pressure by misuse, overuse and a variety of external negative influences such as trauma, stress and smog. Pulmonary disorders, pain or muscle weakness can make using one's voice difficult or even impossible.

How can we use elastic tape therapeutically to influence voice? By influencing the skin. Skin moves with every movement of the face and trunk and with every sound we make. It even moves in rest because of our heartbeat and lymph flow.

Tape can be used to influence the skin's movement and it activates underlying and adjacent muscles. We can influence the tongue position, orofacial muscles and pulmonary function with tape.

Presenting: research into facial skin movement and the background and theory of using elastic therapeutic taping to achieve various disorders related to producing sound. A number of examples of these tape applications and their intended goals will be presented.