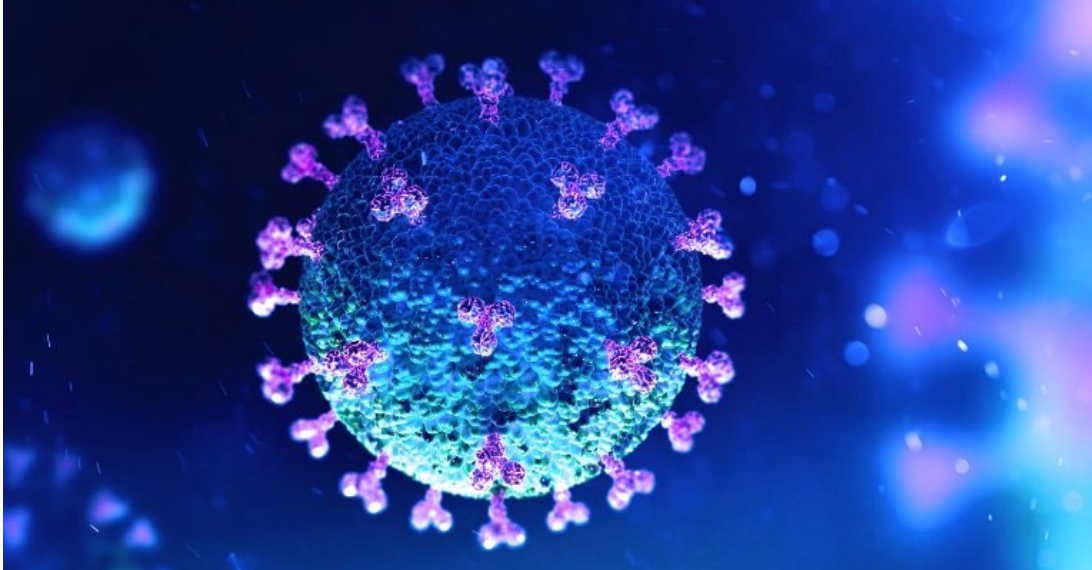


COVID-19 LONG-TERM IMPACT ON VOCAL ATHLETES: ROAD TO RECOVERY



Wendy D. LeBorgne, Ph.D. CCC-SLP

Voice Pathologist, Vocal Athlete Specialist, & Communication Consultant

CEO/Owner – Professional Voice Consultants, LLC

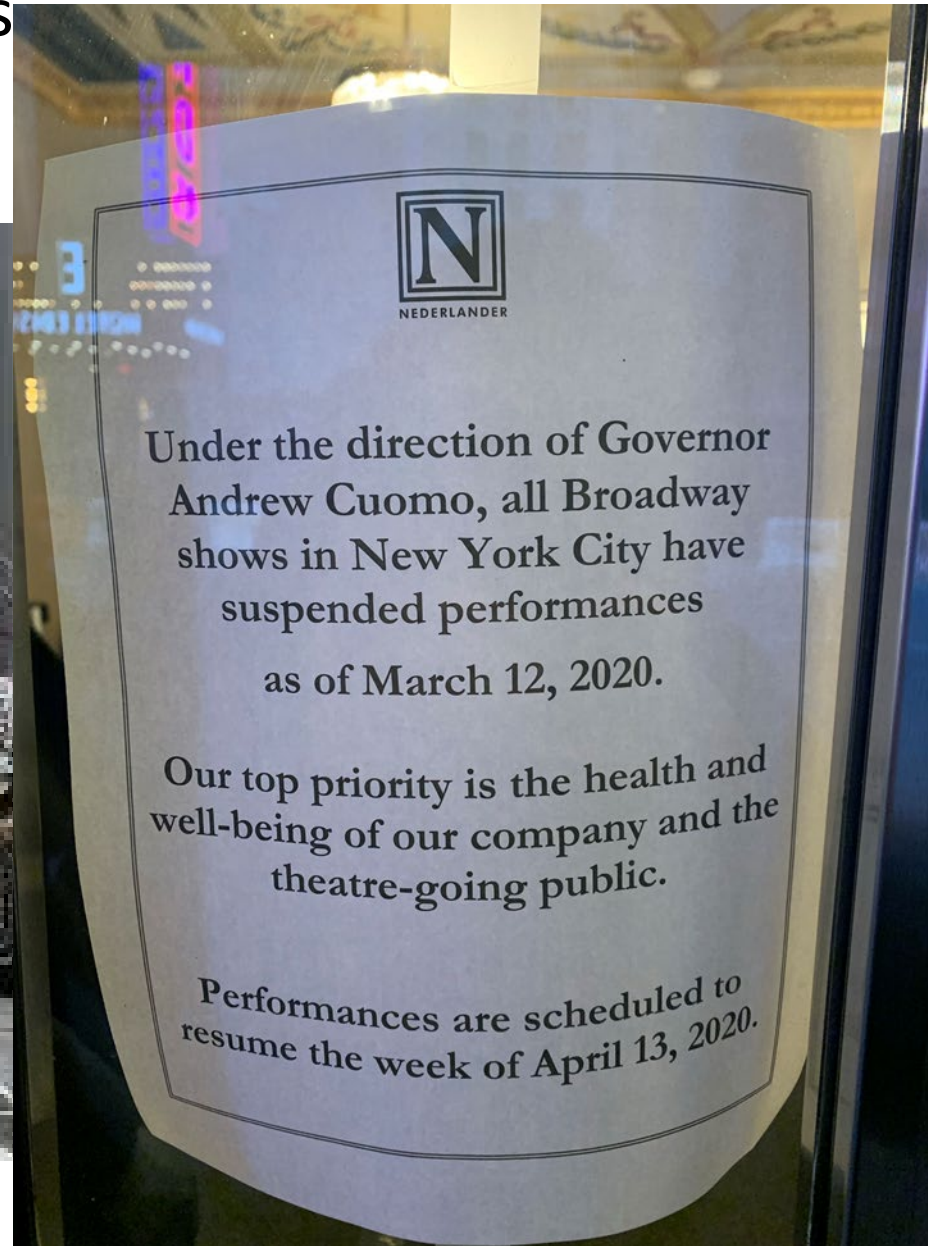
Adjunct Associate Professor, Cincinnati College-Conservatory of Music

www.drwendyvoice.com

contact@drwendy.me



All 41 Broadway Theatres
Closed: March 12, 2020



Last National Tour Closed:
March 15, 2020

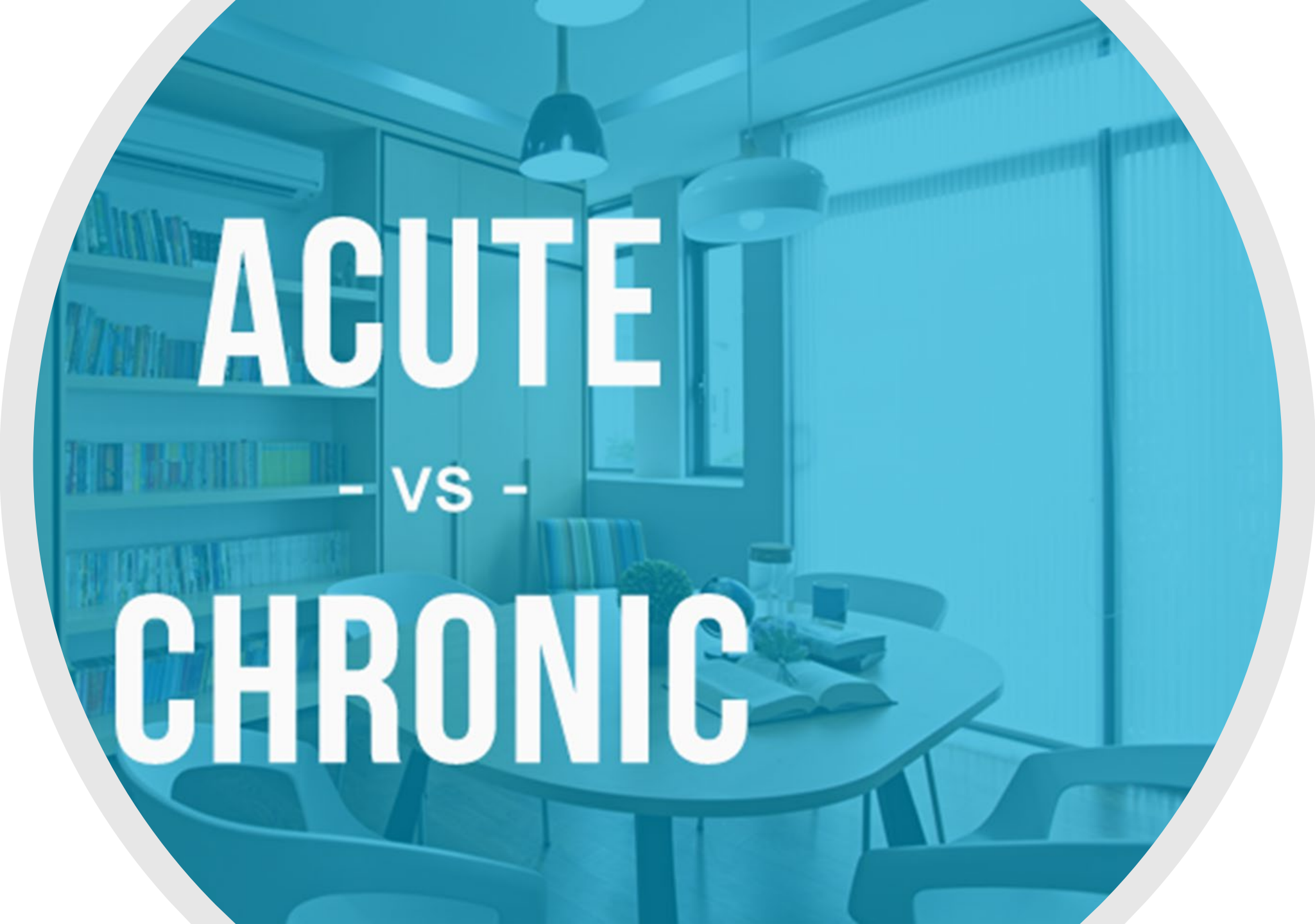


After choir practice with one symptomatic person, 87% of group developed COVID-19



● index case ● 32 confirmed and 20 probable cases ● unaffected person





ACUTE

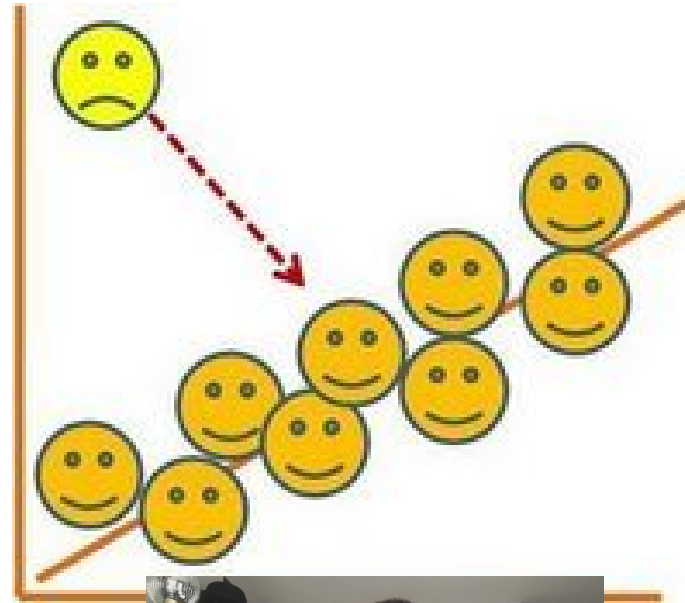
- vs -

CHRONIC

Non-Symptomatic Physical Athletes



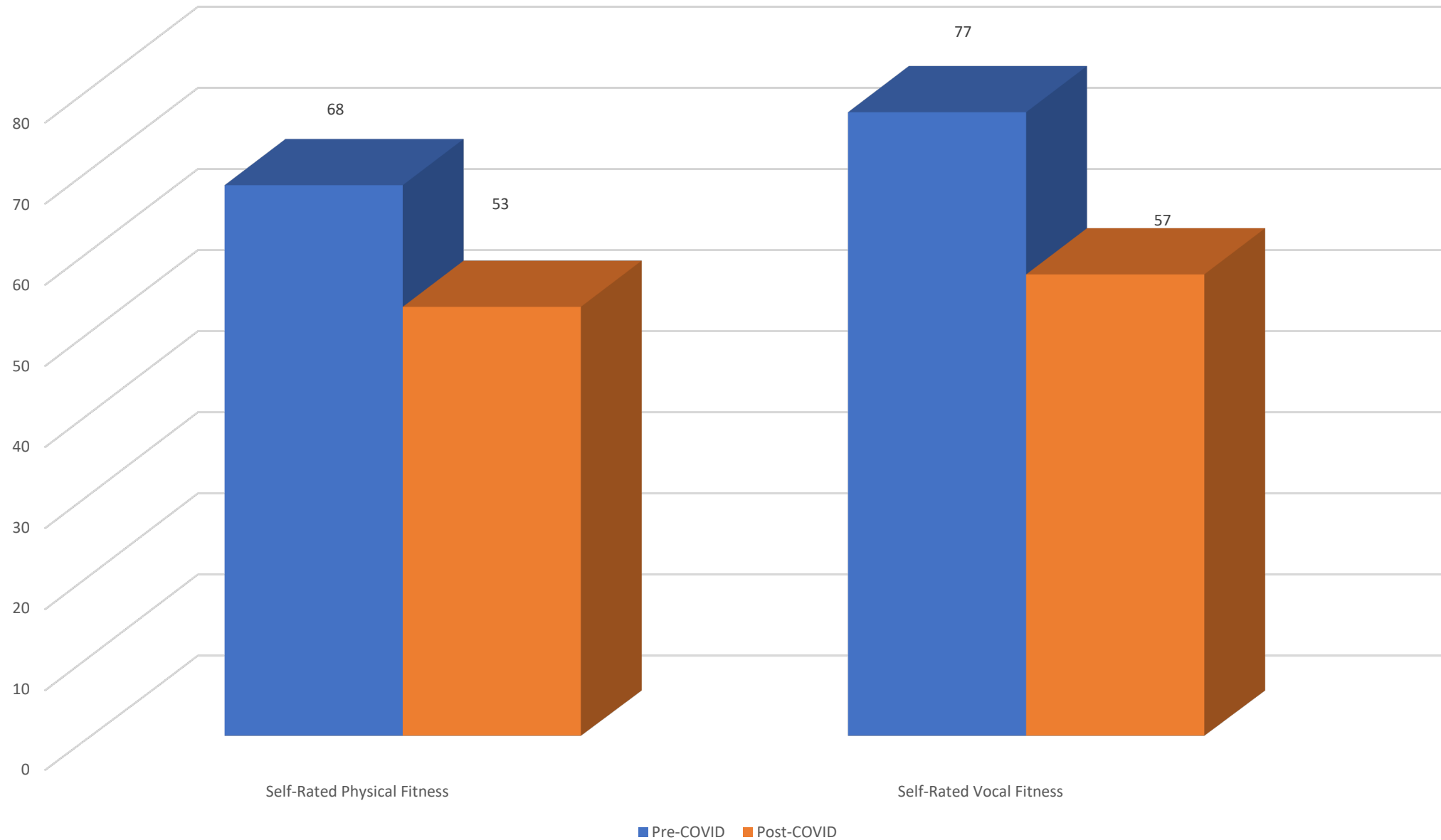
Outliers



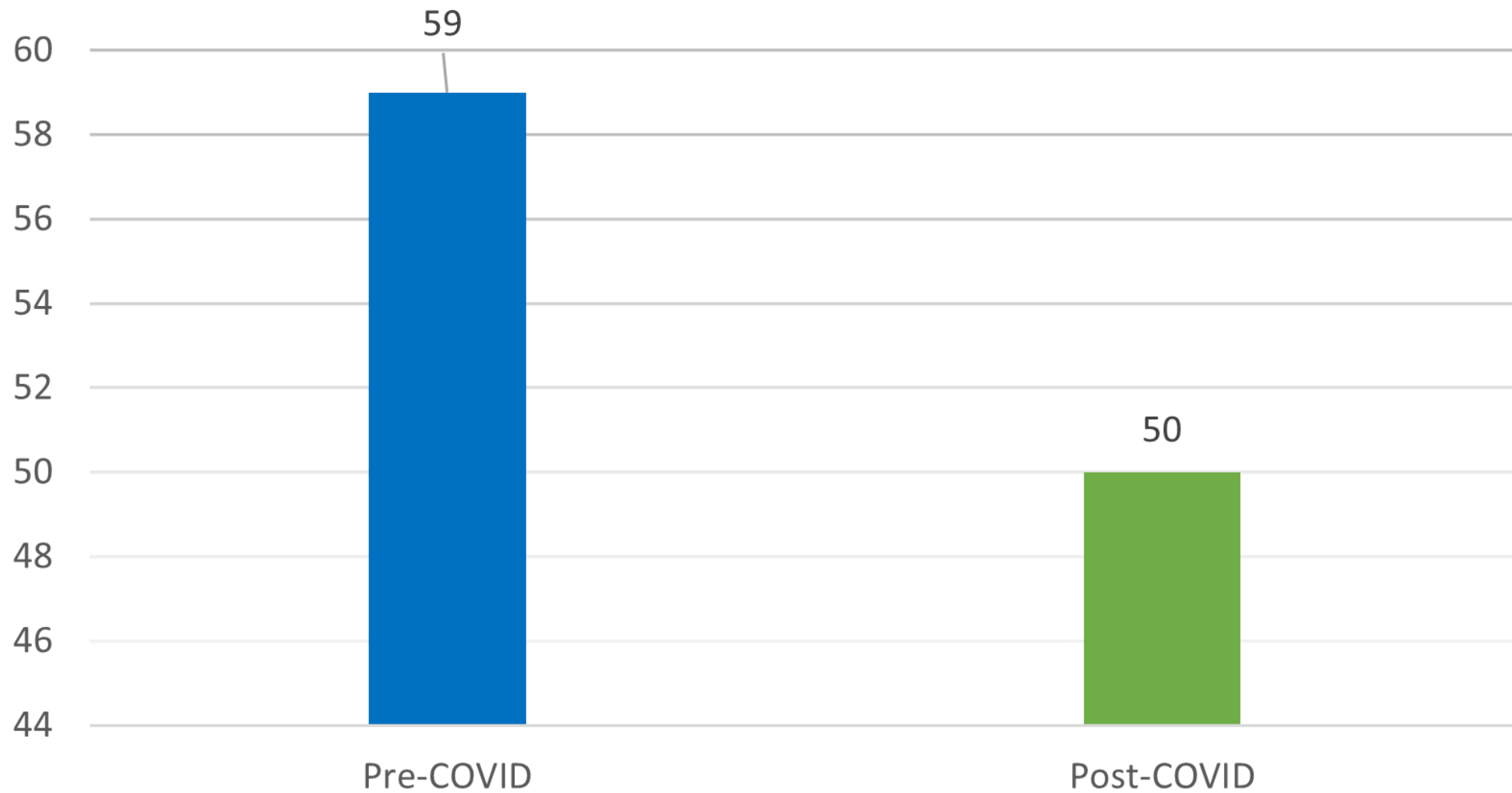
Severely Ill Vocal Athletes



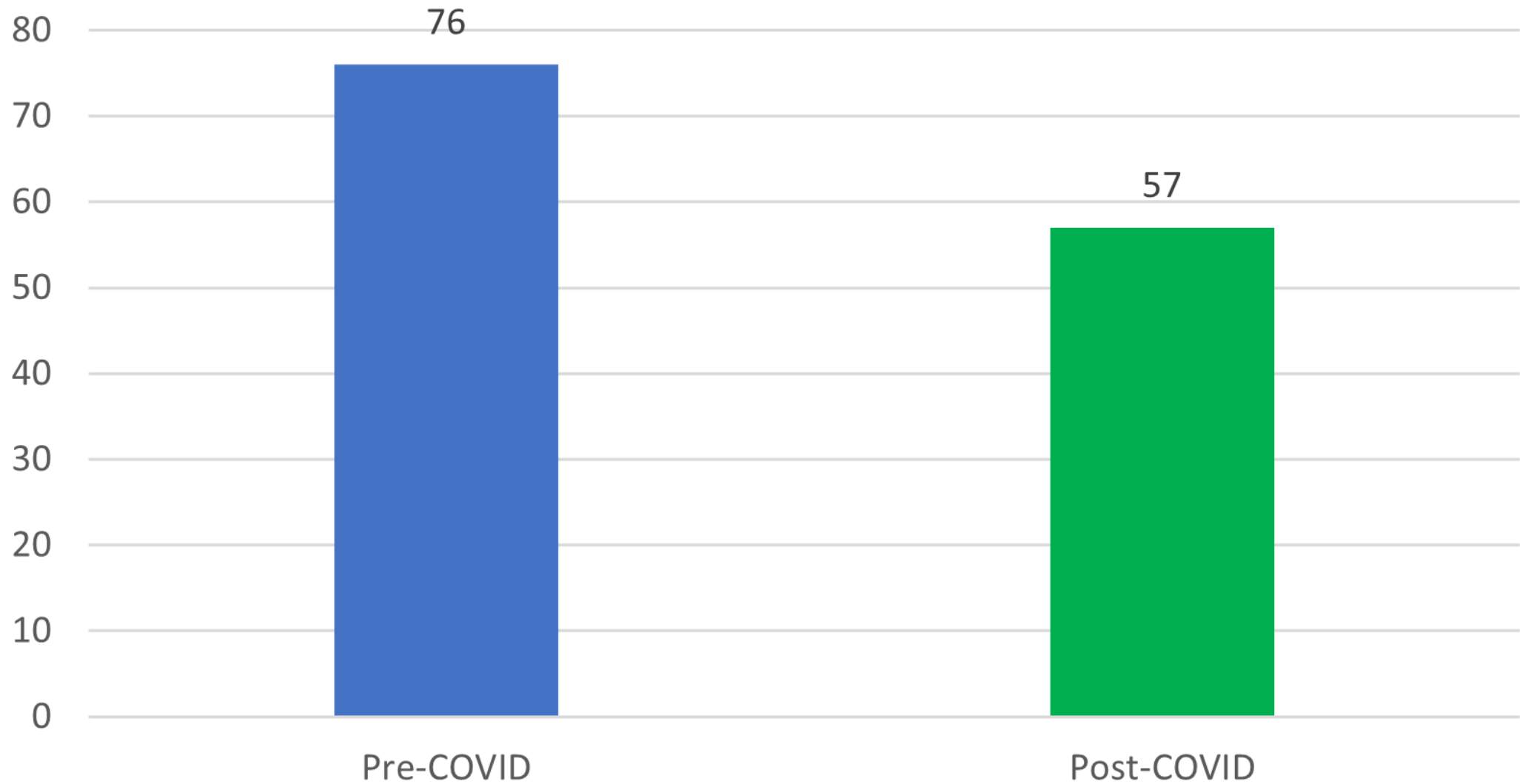
ELITE VOCAL ATHLETES - Self-rated Physical And Vocal Fitness Pre- and Post-COVID-19



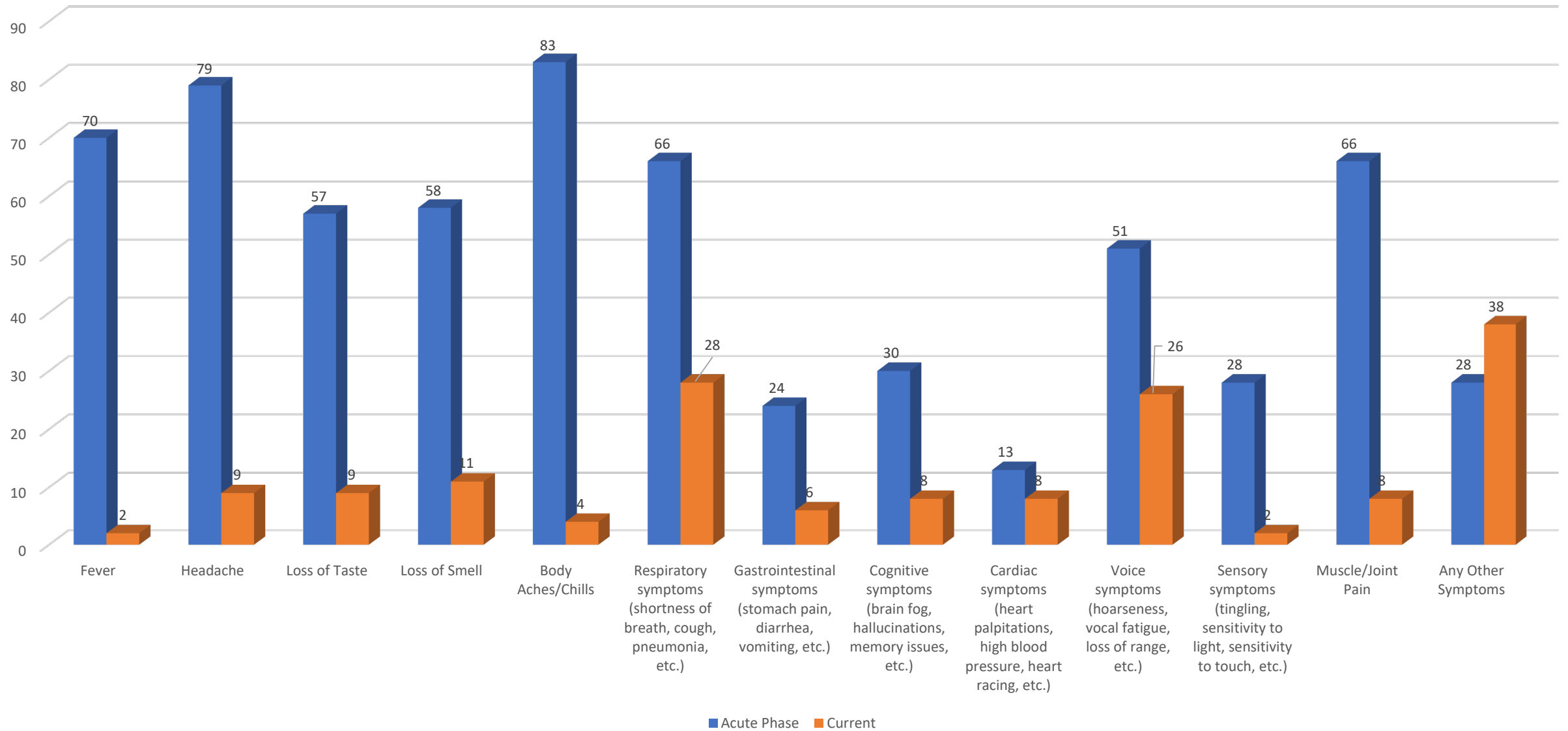
PHYSICAL FITNESS PRE- & POST- COVID



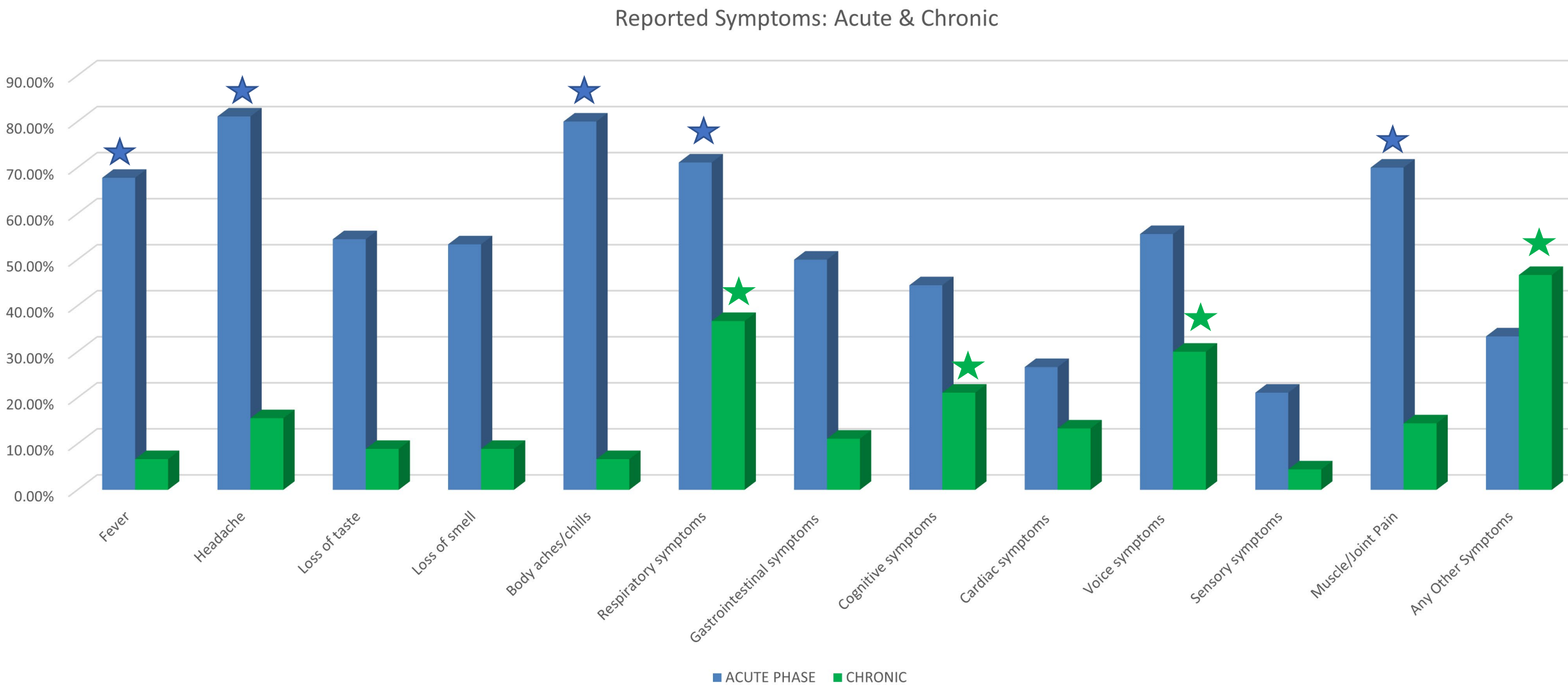
Vocal Fitness Pre- & Post COVID



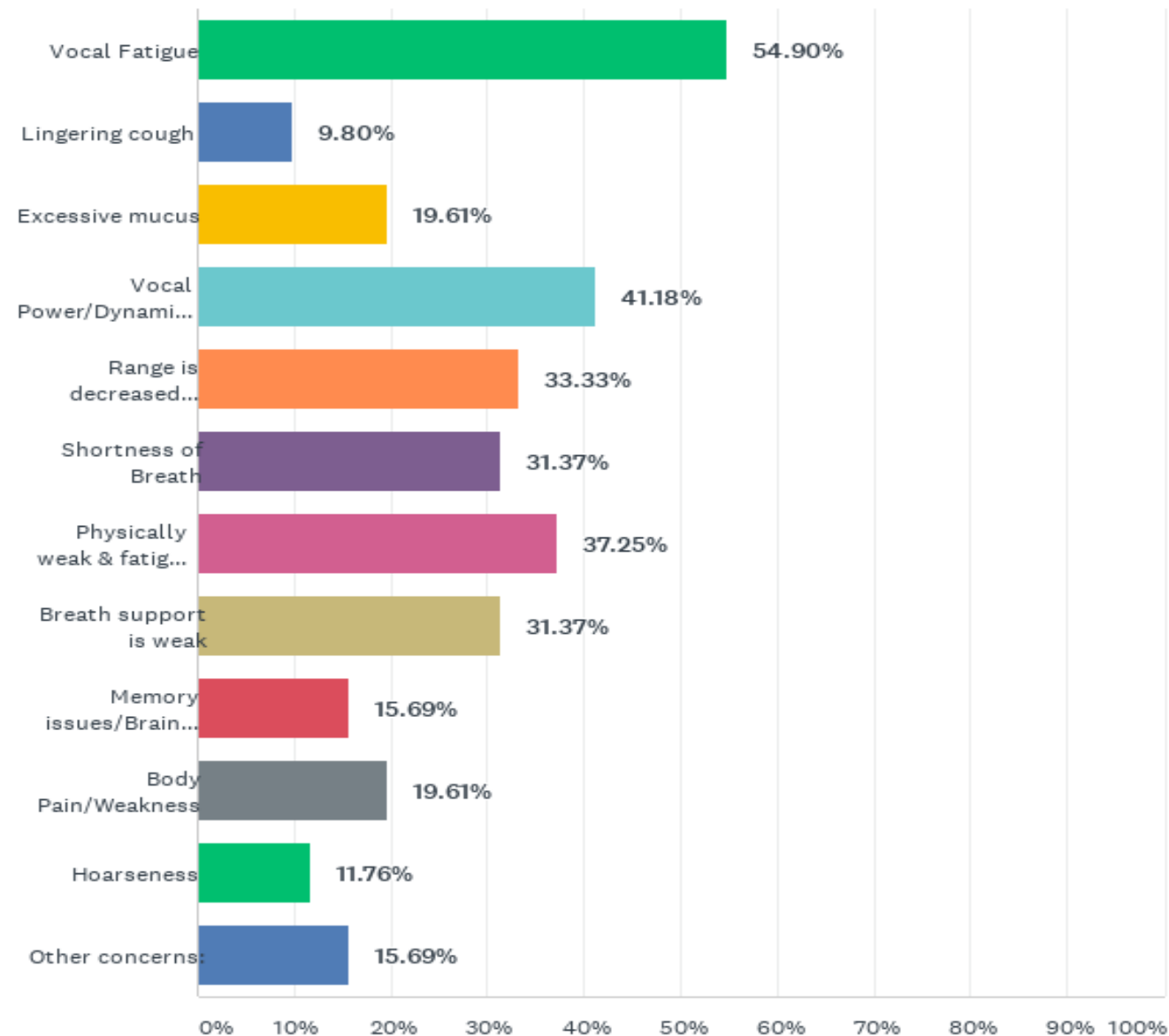
Percentage of Performers with
Reported Symptoms - Acute & Current



Results: Acute & Chronic Symptoms

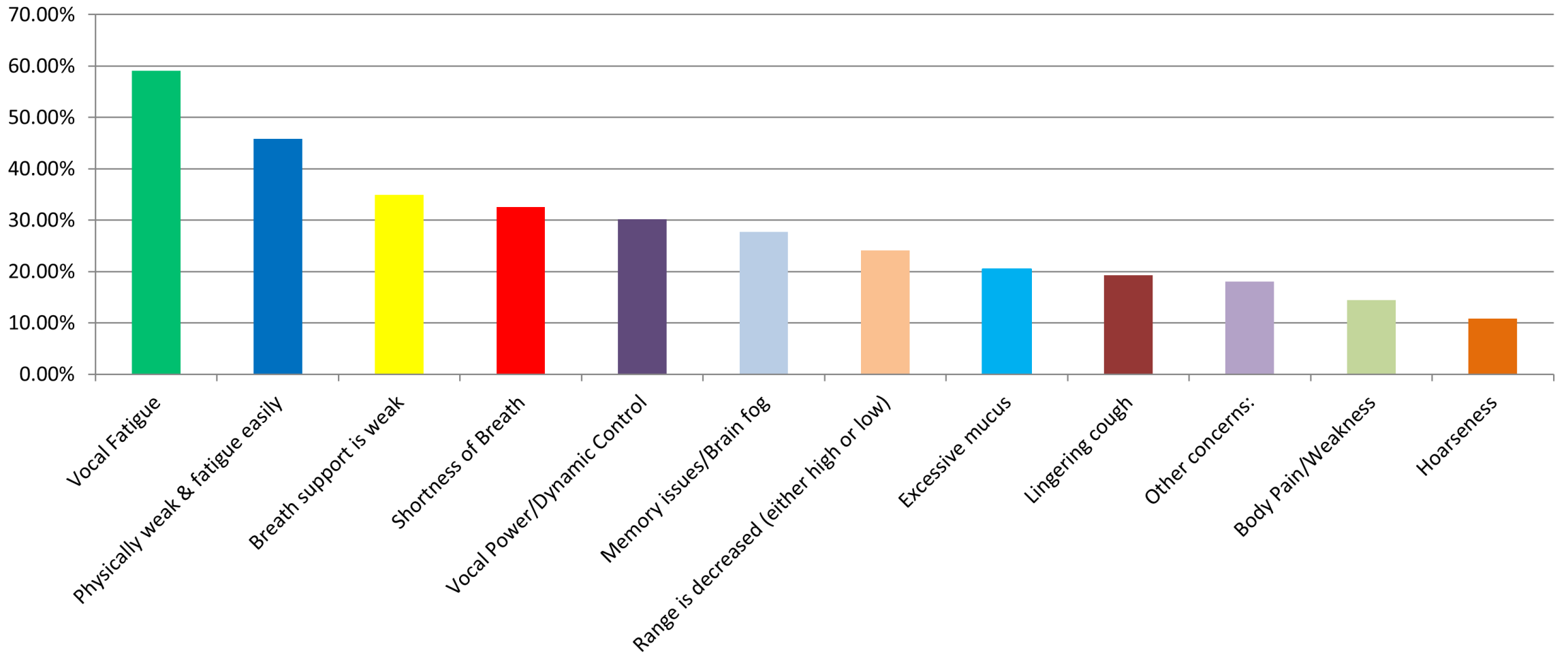


Vocal Concerns for Returning to Post-COVID-19 Singing



Results: Concerns

If you had to return to your pre-COVID teaching and singing today, choose any/all of the following concerns you might have:





KEEPING ARTS ED SAFE AT SCHOOL

MASK Everything!

ACTORS

SINGERS

DANCERS

INSTRUMENTALISTS

INSTRUMENTS

TEACHERS

DISTANCE 6 FEET with Mask

TIMING

OUTDOOR

- Playing Instruments, Singing, Acting, or Dancing (Masks strongly recommended)
- 30 minute blocks with 6ft spacing
- 5 minute pause between blocks

INDOORS

- Playing Instruments, Singing, Acting, or Dancing (Masks required)
- 30 minutes with 6 ft spacing
- Minimum one air change between class

MATERIALS MATTER

2 LAYERS or more of DENSE FABRIC for instruments

WELL-FITTING MASKS for students

Proper HYGIENE

Instruments

Spaces

People

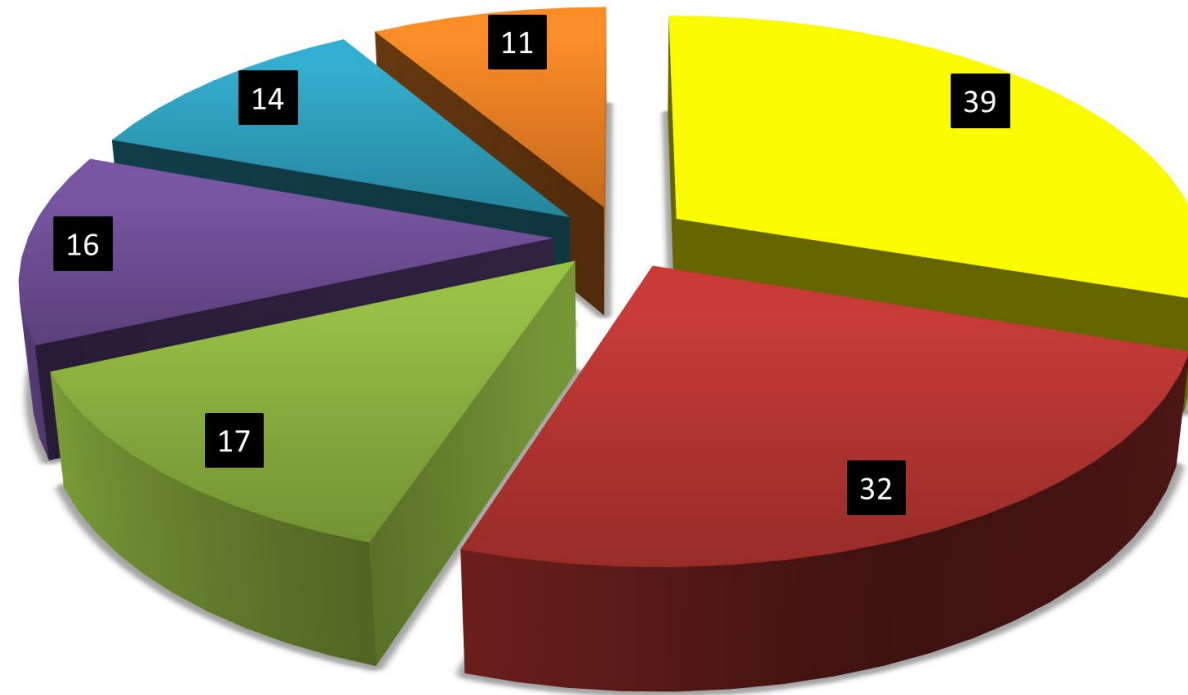
AIRFLOW / FILTRATION

Good ventilation and air change rate for the space.

Future Directions
Singing & Teaching After COVID-19:
What is Next?

Results: Free Response

Free Response - Top 3 Concerns from Survey Participants



- Fatigue/Stamina/Endurance
- Breathing & Breath Support
- Permanent Damage/long-term symptoms/neuropathy/not fully recovering
- Re-exposure/Re-infection/Contamination/Spread
- Return of the Arts/no where to sing/lack of motivation/no jobs/decreased morale
- Brain fog/Memorization/executive function



Return to Performance

LeBorgne, 2021

A microscopic image of a virus particle, likely SARS-CoV-2, showing its characteristic spherical shape and surface spikes. The image is in grayscale and has a textured, almost crystalline appearance.

COVID-19

RECOVERY

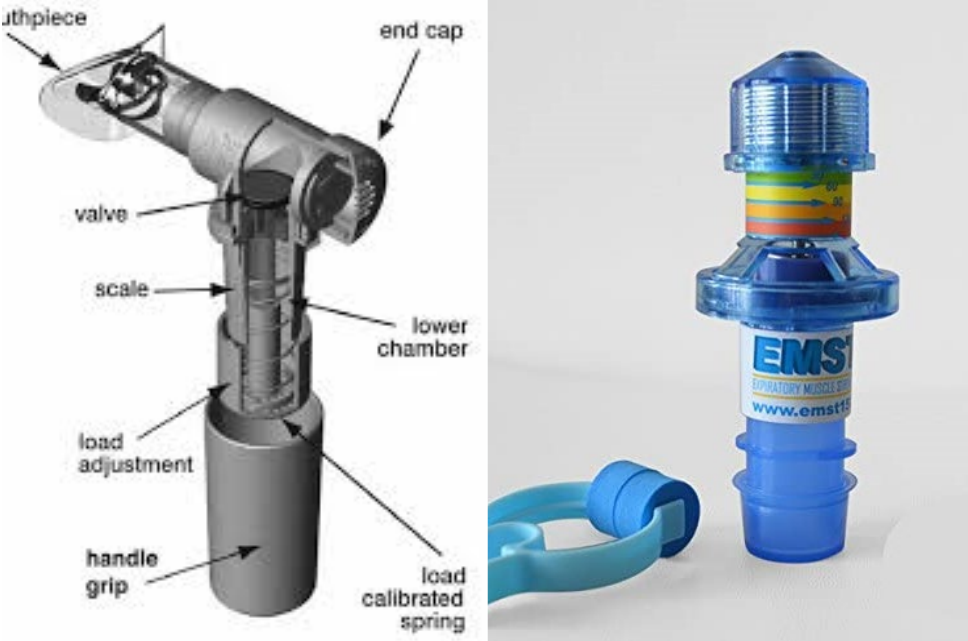
EACH RECOVERY IS UNIQUE
THERE IS MUCH WE STILL DO NOT KNOW



Rebuilding Physical Stamina

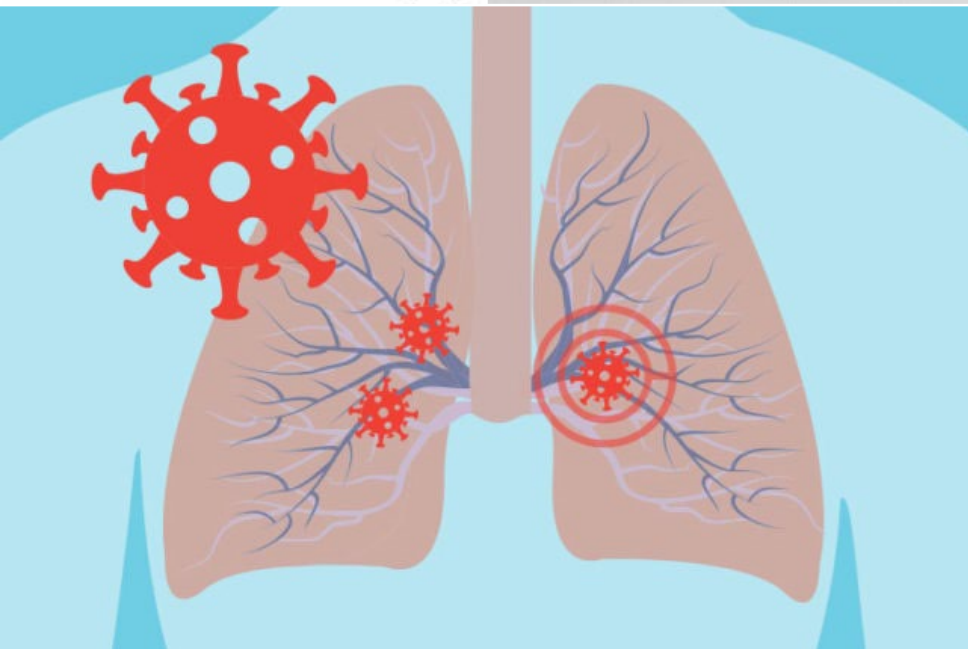
- Listen to your MD
- Listen to your body
- SLOW & STEADY
- REST





Rebuilding Respiratory Strength & Stamina

- Pulmonologist
- Respiratory Therapist and/or Voice Pathologist
 - EMST/IMST training



8 Week Half-Marathon Training Plan

Beginner Plan

If you can run at least two miles without stopping, even at a slow pace, try this easy-does-it program. It tacks on miles gradually to get you from start to end feeling strong.

	DAY	MON	TUES	WED	THURS	FRI	SAT	SUN
WK 1		REST	2 miles, 1 mile, 2 miles	1 mile	REST	2 miles, 1 mile, 2 miles	2 miles	
WK 2		REST	2 miles, 2 miles, 2 miles	2 miles	REST	2 miles, 2 miles, 2 miles	3.5 miles	
WK 3		REST	2 miles, 3 miles, 2 miles	3 miles	REST	2 miles, 2 miles, 2 miles	5 miles	
WK 4		REST	1 mile, 4 miles, 1 mile	4 miles	REST	1 mile, 3 miles, 1 mile	6.5 miles	
WK 5		REST	1 mile, 3 miles, 1 mile	5 miles	REST	1 mile, 3 miles, 1 mile	8 miles	
WK 6		REST	2 miles, 3 miles, 2 miles	4 miles	REST	2 miles, 3 miles, 2 miles	9.5 miles	
WK 7		REST	2 miles, 2 miles, 2 miles	3 miles	REST	2 miles, 2 miles, 2 miles	11 miles	
WK 8		REST	1 mile, 2 miles, 1 mile	3 miles	REST	1 mile, 1 mile, 1 mile	Half-marathon race day! 13.1 miles	

KEY

Walk, run, walk Walk the first segment; then run at an easy, conversational pace for the next; and speed walk the last leg.

Cross-train Do any form of low-impact aerobic activity (biking, elliptical, swimming, rowing) for 30 to 60 minutes. Plus, do the strength-training moves below.

Easy run Run the number of miles listed on the chart at a comfortable, conversational pace.

Long run Warm up for 5 to 10 minutes and then run the number of miles listed at a slow, steady pace you can maintain over that distance. This is good practice for your race.

For cross-training moves, nutrition tips, gear picks and playlists, go to www.fitnessmagazine.com/halfmarathon

Mind • Body • Spirit
fitness



Rebuilding Vocal Strength, Stamina, Flexibility, & Agility

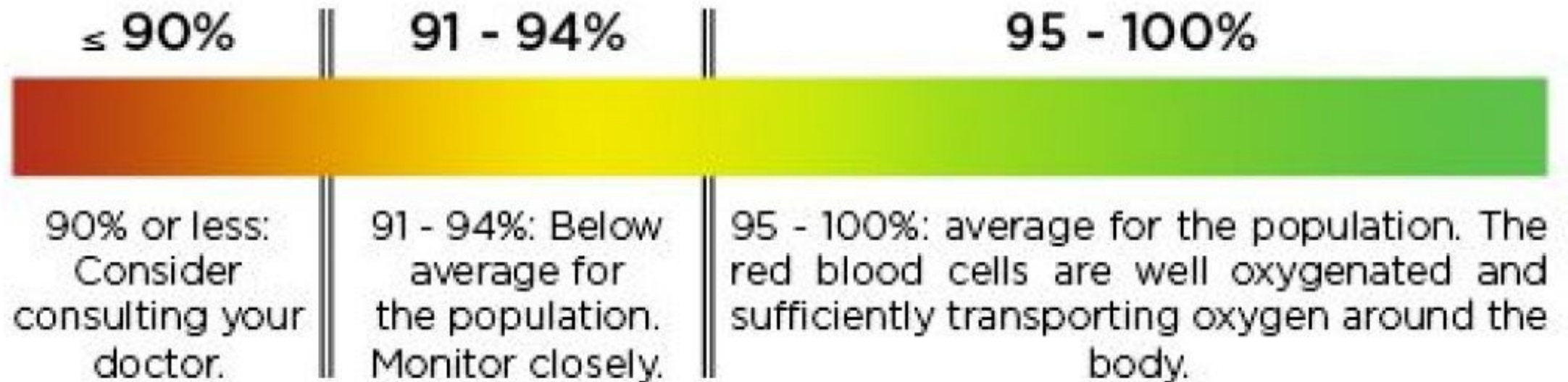
LeBorgne, 2021

Things you never
thought you would
need in your voice
studio.....



Normative Data

Understanding Blood Oxygen Saturation (SpO2)



Heart Rate Monitoring Apps



Heart Rate Monitor

Health & Fitness AI Lab Health & Fitness

★★★★★ 21,701

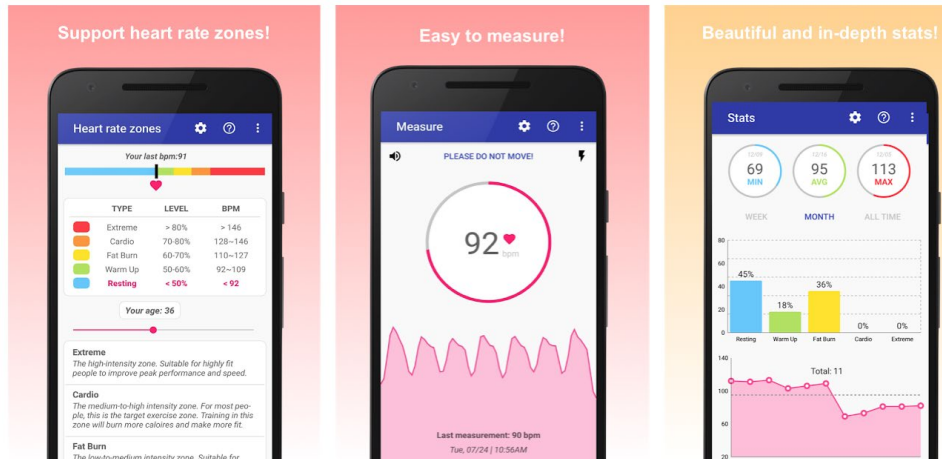
Everyone

Contains Ads

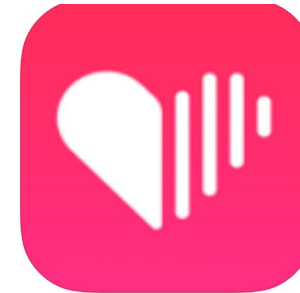
⚠️ You don't have any devices

🔖 Add to Wishlist

Install



<https://play.google.com/store/apps/details?id=com.bluefish.hearttrate>



Cardio: Heart Rate Monitor ⁴⁺

Cardiogram + 7 Minute Workout

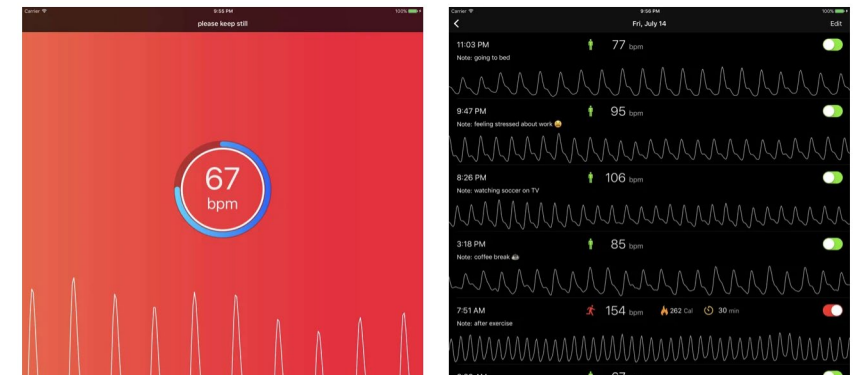
Cardio, Inc.

Designed for iPad

★★★★★ 4.6 • 4.3K Ratings

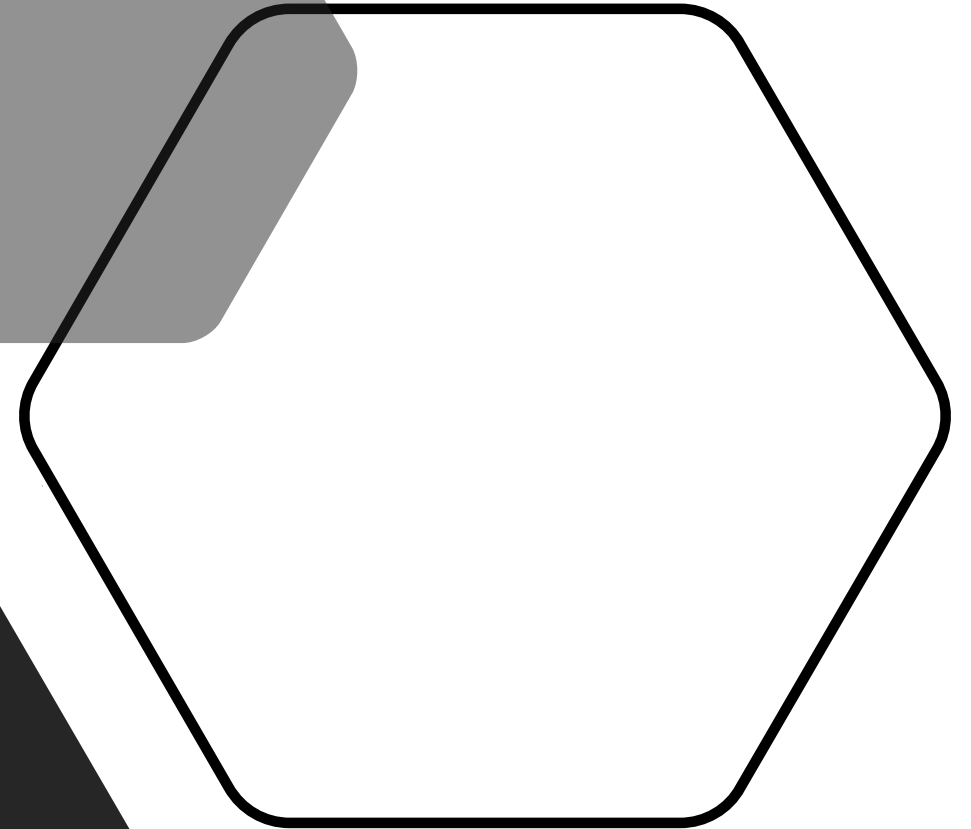
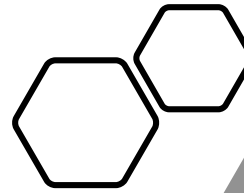
Free · Offers In-App Purchases

Screenshots iPad iPhone

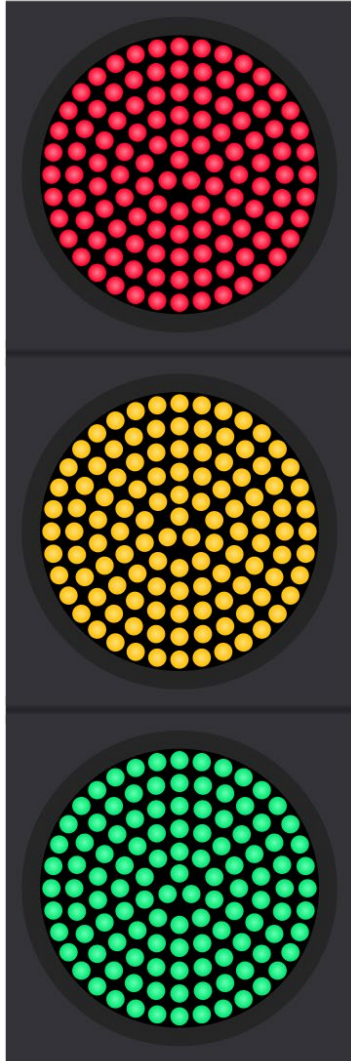


<https://apps.apple.com/au/app/cardio-heart-rate-monitor/id542891434>

Normative Data

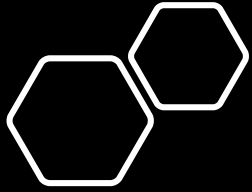


- HR Calculator:
<https://www.ntnu.edu/cerg/hrmax>
- American Heart Association:
<https://www.heart.org/en/healthy-living/fitness/fitness-basics/target-heart-rates>



- Moderate to severe dyspnea with voice use
- Cough with inhale or voice use (each and every time)
- Dizziness
- Increased or rapid heart rate
- Dysphonia
- Rapid physical, vocal, or emotional fatigue with singing

- No longer contagious
- Feel fine; no lingering symptoms of virus
- Breathing has returned to normal
- No cough/throat clearing
- Voice is normal



Emergency Plan



Actors' Equity Issues New Protocols for 'Fully Vaccinated' Productions

BY RYAN MCPHEE
APR 05, 2021

Rectangular Snip

As the U.S. approaches COVID-19 vaccine eligibility for all adults, the union has updated its guidelines for a slowly reopening theatrical landscape.



45th Street (Playbill Staff)

AMERICAN THEATRE

A PUBLICATION OF THEATRE COMMUNICATIONS GROUP

Support American Theatre: a just and thriving theatre ecology begins with information for all. Please click [here](#) to make your fully tax-deductible donation today!

HOME NEWS FEATURES WATCH & LISTEN ON U.S. STAGES ARCHIVES ABOUT US JOBS JOIN

Select Language

LATEST ISSUE



The ghost light on the stage of BLUEBERRY Theatre in Omaha, Neb. (Photo by Bill Kirby)



Photo by Engin Akyurt, courtesy of Unsplash

FEATURE JUNE 8, 2021 0 COMMENTS

For Theatre Workers With Long COVID Symptoms, a Hesitant Return

With so much still unknown about their long-term symptoms, some stage artists look at the newly accelerating pace and expectations of their field with ambivalence.

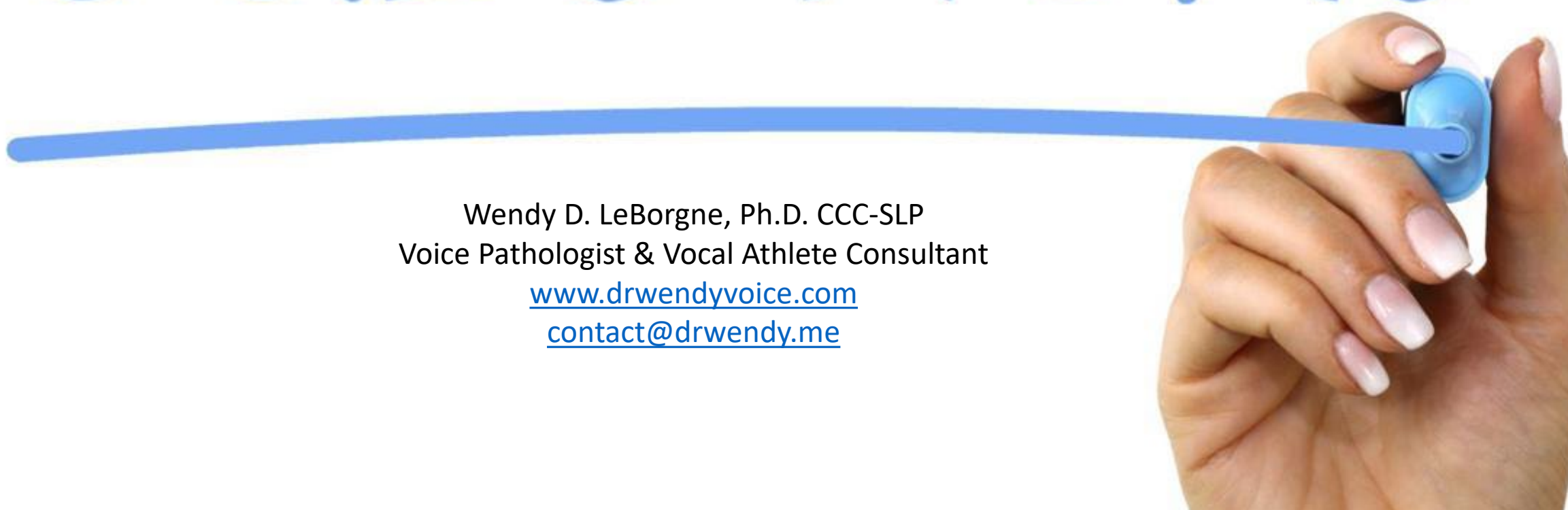
Print Tweet

BY AMELIA MERRILL

When COVID-19 first ripped through the theatre community last spring, the consequences of having close-knit ensembles and staff rehearse and work in cramped spaces was widespread infection. Across the country, as people scrambled to get tests or flights back home, the New York theatre community rallied to raise money for the Actor's Fund, provide digital entertainment to

https://www.americantheatre.org/2021/06/08/for-theatre-workers-with-long-covid-symptoms-a-hesitant-return/?fbclid=IwAR1r1eP1bwsKvMj4ILSSIG_ZwFtr_UPuK-KJcEhD9TLreXYUCZOX_5RQ2i4

QUESTIONS



Wendy D. LeBorgne, Ph.D. CCC-SLP
Voice Pathologist & Vocal Athlete Consultant
www.drwendyvoice.com
contact@drwendy.me