COVID-19 LONG-TERM IMPACT ON ELITE VOCAL ATHLETES: INITIAL SURVEY RESULTS

Wendy D. LeBorgne, Ph.D. CCC-SLP
Voice Pathologist & Vocal Athlete Consultant

www.drwendy.me
contact@drwendy.me
All 41 Broadway Theatres Closed: March 12, 2020

Last National Tour Closed: March 15, 2020

LeBorgne, 2021
Reported Age of Participants

LeBorgne, 2021
Reported Biological Gender

Male
41.51% (22)

Female
58.49% (31)

LeBorgne, 2021
City Where Reported Infection

- NYC/NJ: 65%
- Dallas: 2%
- London: 4%
- MN: 2%
- Philadelphia: 2%
- Pittsburgh: 5%
- Florida: 4%
- Cuba: 2%
- Oklahoma: 2%
- MI: 6%
- MASS: 2%
- Cruiseship: 4%

LeBorgne, 2021
Reported Date of Onset

LeBorgne, 2021
Reported Testing Results

- Yes, swabbed as positive: 16.98%
- Antibody test was positive: 30.19%
- I didn't get tested, but had all the symptoms: 52.83%

LeBorgne, 2021
Click above to play video
Self-rated Physical And Vocal Fitness
Pre- and Post-COVID-19

LeBorgne, 2021
Percentage of Performers with Reported Symptoms - Acute & Current

LeBorgne, 2021
Vocal Concerns for Returning to Post-COVID-19 Singing

LeBorgne, 2021
Return to Performance

LeBorgne, 2021
EACH RECOVERY IS UNIQUE
THERE IS MUCH WE STILL DO NOT KNOW

LeBorgne, 2021
Rebuilding Physical Stamina

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

LeBorgne, 2021
Rebuilding Respiratory Strength & Stamina

- Pulmonologist
- Respiratory Therapist and/or Voice Pathologist
- EMST/IMST training
Rebuilding Vocal Strength, Stamina, Flexibility, & Agility

8 Week Half-Marathon Training Plan

**Beginner Plan**

If you can run at least two miles without stopping, ease into this easy-does-it program. It leads you gradually from rest to running and feeling strong.

<table>
<thead>
<tr>
<th>DAY</th>
<th>MON</th>
<th>TUES</th>
<th>WED</th>
<th>THURS</th>
<th>FRI</th>
<th>SAT</th>
<th>SUN</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>3 miles</td>
<td>3 miles</td>
<td>REST</td>
<td>3 miles</td>
<td>2 miles</td>
<td>2 miles</td>
<td>3 miles</td>
</tr>
<tr>
<td>2</td>
<td>3 miles</td>
<td>REST</td>
<td>2 miles</td>
<td>2 miles</td>
<td>3.5 miles</td>
<td>REST</td>
<td>3 miles</td>
</tr>
<tr>
<td>3</td>
<td>4 miles</td>
<td>REST</td>
<td>2 miles</td>
<td>2 miles</td>
<td>3 miles</td>
<td>REST</td>
<td>3 miles</td>
</tr>
<tr>
<td>4</td>
<td>5 miles</td>
<td>REST</td>
<td>2 miles</td>
<td>2 miles</td>
<td>3 miles</td>
<td>REST</td>
<td>3 miles</td>
</tr>
<tr>
<td>5</td>
<td>REST</td>
<td>3 miles</td>
<td>2 miles</td>
<td>2 miles</td>
<td>3 miles</td>
<td>REST</td>
<td>3 miles</td>
</tr>
<tr>
<td>6</td>
<td>3 miles</td>
<td>3 miles</td>
<td>REST</td>
<td>2 miles</td>
<td>2 miles</td>
<td>3 miles</td>
<td>REST</td>
</tr>
<tr>
<td>7</td>
<td>REST</td>
<td>3 miles</td>
<td>2 miles</td>
<td>2 miles</td>
<td>3 miles</td>
<td>REST</td>
<td>3 miles</td>
</tr>
</tbody>
</table>

*For cross-training moves, nutrition tips, gear picks and playbooks, go to www.fitnessmagazine.com/halfmarathon*
Things you never thought you would need in your voice studio.....
Normative Data

Understanding Blood Oxygen Saturation (SpO2)

- **≤ 90%**: 90% or less: Consider consulting your doctor.
- **91 - 94%**: Below average for the population. Monitor closely.
- **95 - 100%**: Average for the population. The red blood cells are well oxygenated and sufficiently transporting oxygen around the body.
Heart Rate Monitoring Apps

Heart Rate Monitor


Cardio: Heart Rate Monitor

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

• 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