

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

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

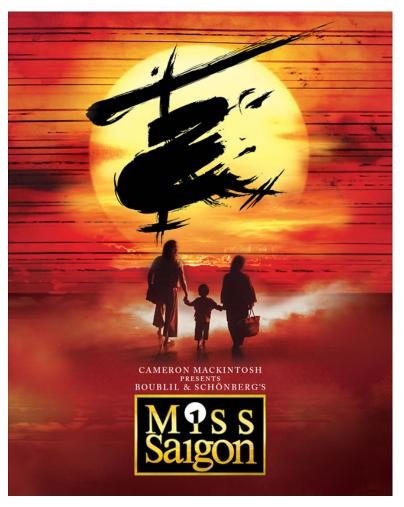
www.drwendy.me

contact@drwendy.me

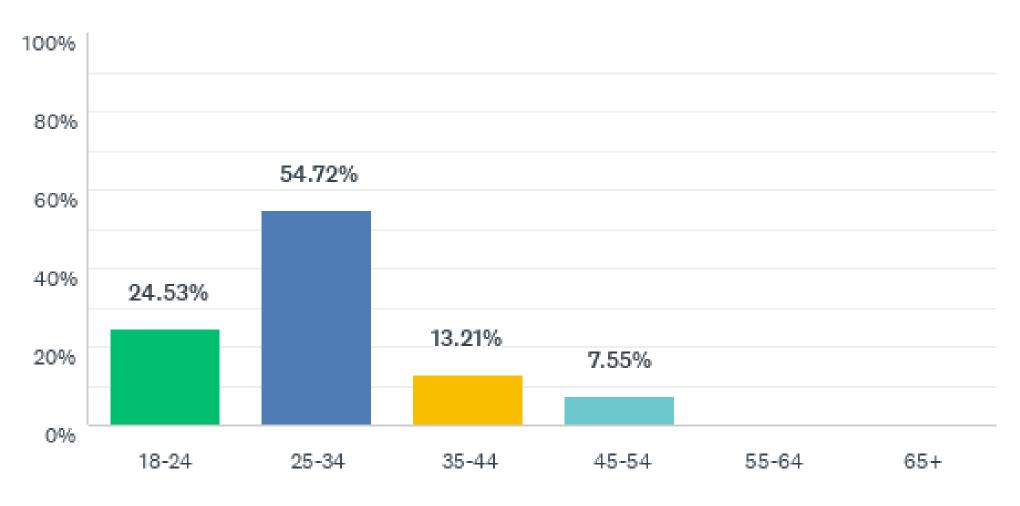
All 41 Broadway Theatres Closed: March 12,2020



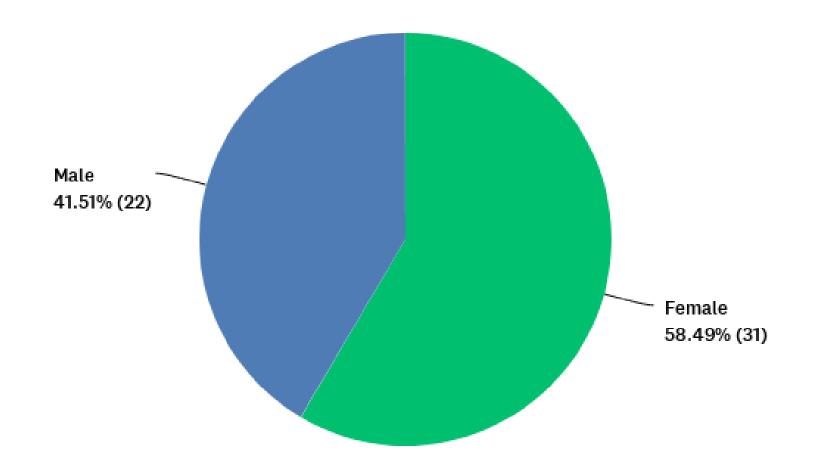
Last National Tour Closed: March 15,2020

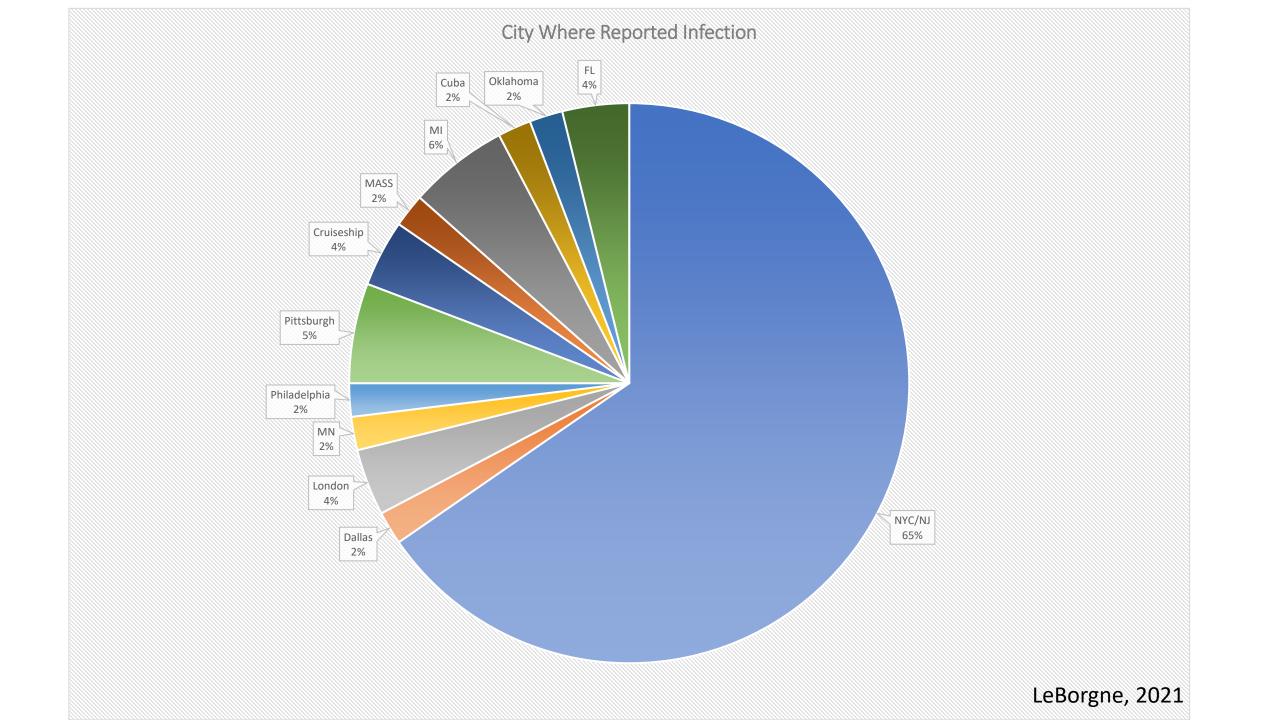


Reported Age of Participants

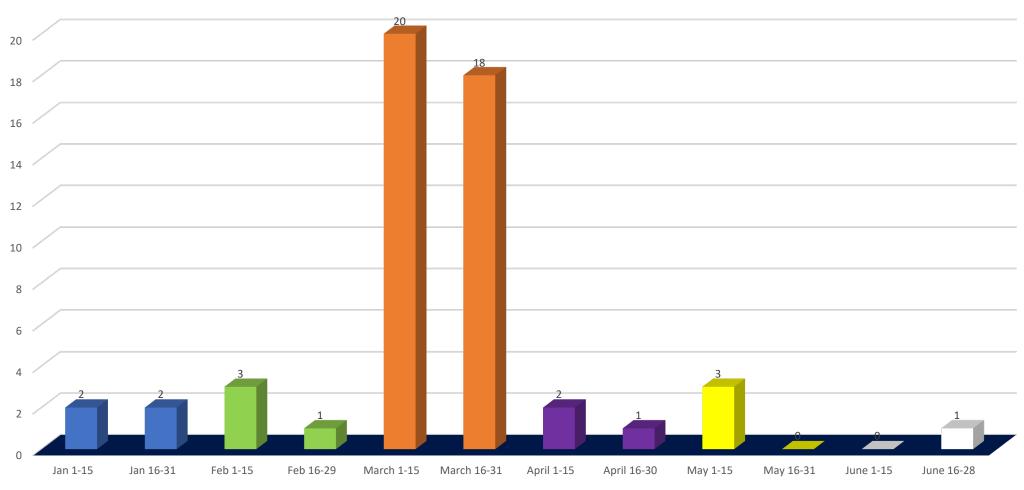


Reported Biological Gender

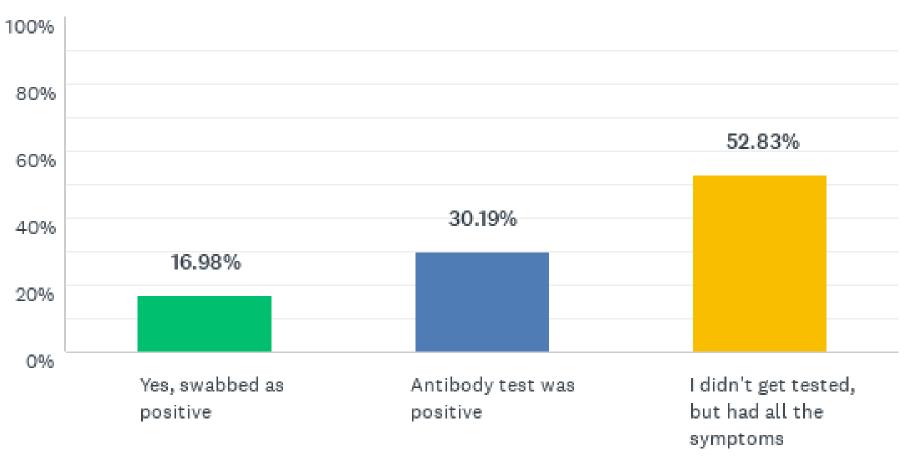




Reported Date of Onset



Reported Testing Results



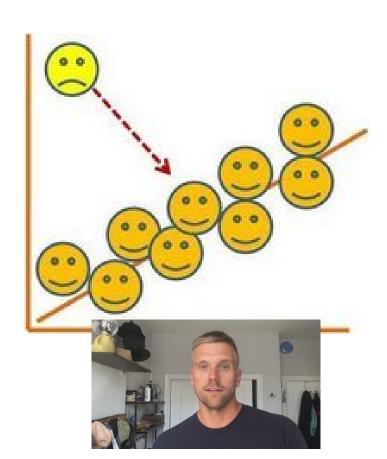


Non-Symptomatic Physical Athletes

Outliers

Severely III Vocal Athletes



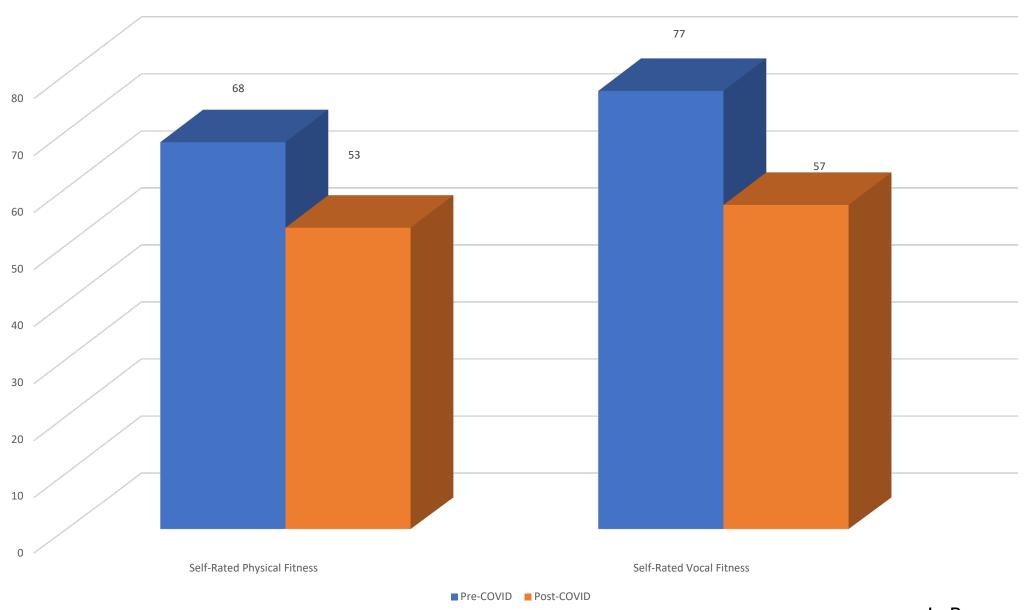




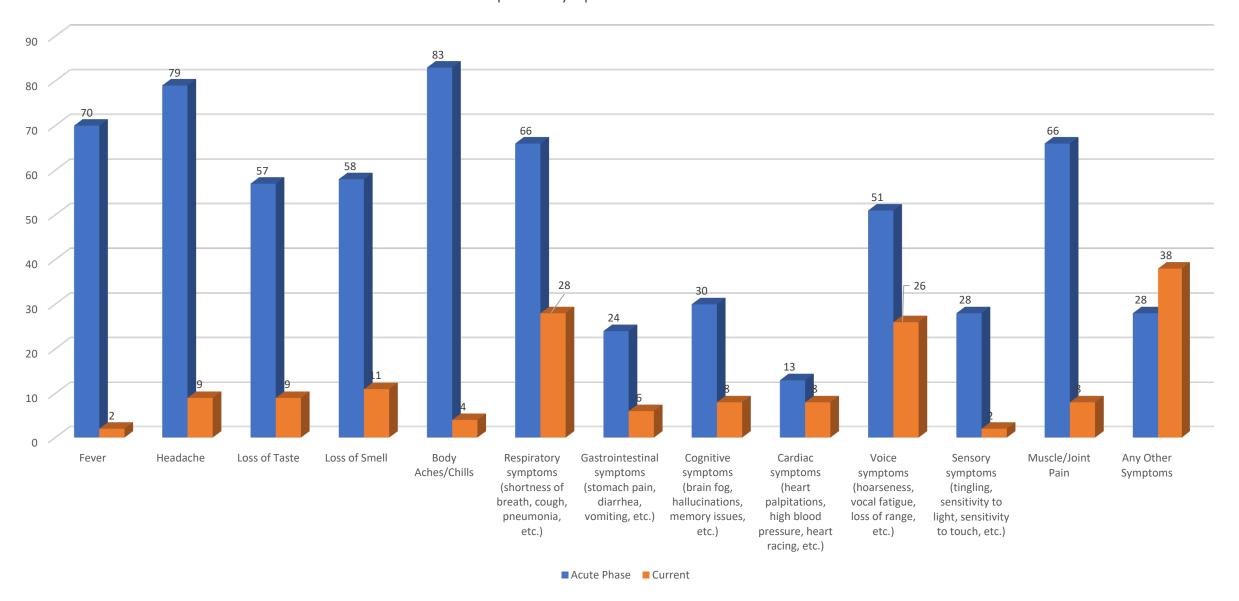


Click above to play video

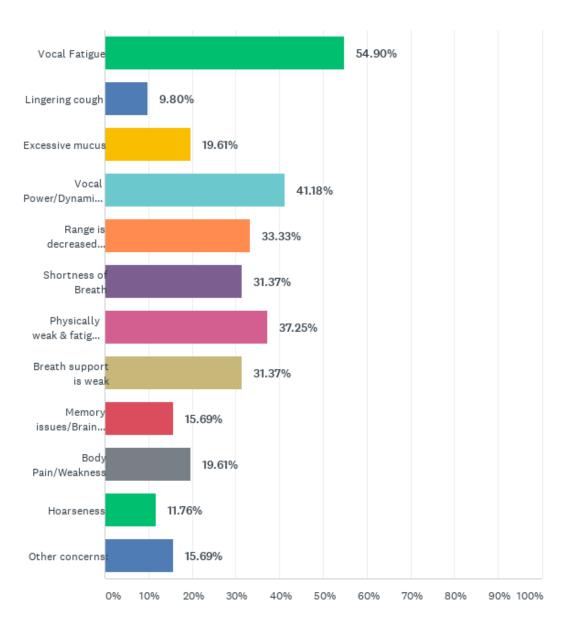
Self-rated Physical And Vocal Fitness Pre- and Post-COVID-19



Percentage of Performers with Reported Symptoms - Acute & Current



Vocal Concerns for Returning to Post-COVID-19 Singing





Return to Performance



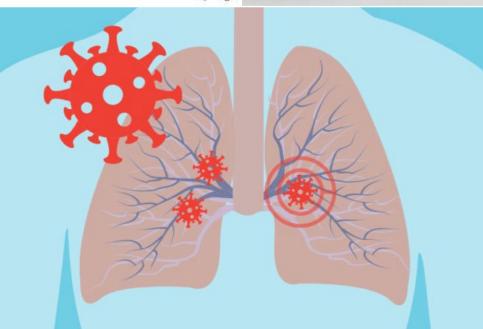
EACH RECOVERY IS UNIQUE
THERE IS MUCH WE STILL DO NOT KNOW

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

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.



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





Rebuilding Vocal Strength, Stamina, Flexibility, & Agility

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



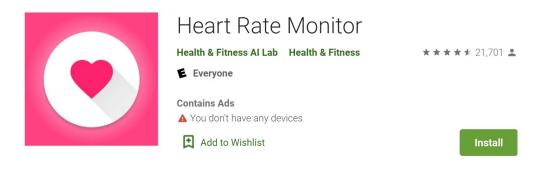
Normative Data

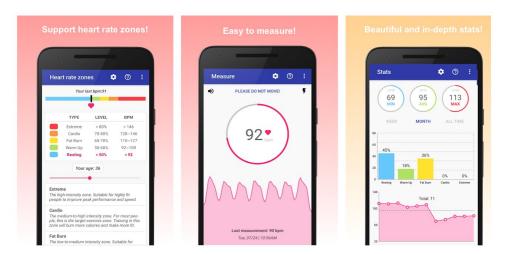
Understanding Blood Oxygen Saturation (SpO2)

≤ 90% | 91 - 94% | 95 - 100%

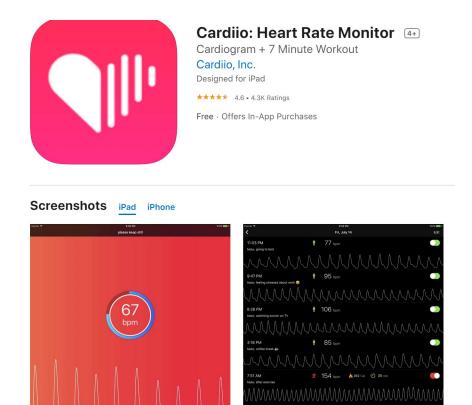
90% or less: Consider consulting your doctor. 91 - 94%: Below average for the population. Monitor closely. 95 - 100%: average for the population. The red blood cells are well oxygenated and sufficiently transporting oxygen around the body.

Heart Rate Monitoring Apps





https://play.google.com/store/apps/details?id= com.bluefish.heartrate



https://apps.apple.com/au/app/cardiio-heart-rate-monitor/id542891434

Normative Data

- HR Calculator:
 https://www.ntnu.edu/cerg/hrma
 x
- 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 retuned to normal
- No cough/throat clearing
- Voice is normal



Emergency Plan





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