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## FAUQUIER EAR NOSE & THROAT CONSULTANTS, PLC



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### Vocal Cord Swell Test

Two tests have been developed that can help you monitor any swelling of your vocal folds. These are called the swelling tests.

#### Soft Singing

- Sing the first phrase of a well known tune such as Happy birthday.
- Use the softest voice possible (boy soprano pianissimo).
- Sing it at progressively higher pitches.
- At some pitch you will begin to experience delays in the onset of your voice or you will be unable to produce a soft tone. Your voice will sound like air is passing through the voice box without causing a tone.
- This pitch is your vocal ceiling caused by swelling. You will know it is caused by swelling because with a loud voice you will be able to overcome this pitch ceiling and sing to a higher pitch ceiling.
- If you have no swelling, your soft and loud ceilings will be approximately the same (this is true whether or not you are a singer).
- There are exceptions. This test basically detects a gap in the vocal folds and any disorder that causes a gap may cause these onset delays. Once you have been diagnosed with a swelling then this test can reliably be used to monitor the degree of swelling.

#### Staccato test

- Sing the following phrase using a ho sound and a staccato length tone.  
So So So So So Fa Mi Re Do.
- As for the soft singing test, sing at progressively higher pitches.
- Monitor the pitch at which only air comes out rather than a tone.