

# Vocal Physical Therapy

## Manual Therapy for the larynx & voice

### MODULE TWO: The Challenging Larynx

On day 3, module two allows you to further develop your vocal manual therapy skills and understand pathological throat syndromes such as chronic cough, irritable larynx syndrome and Vocal Cord Dysfunction.

You will consolidate your knowledge in understanding the anatomy of the floor of the mouth, tongue and suprahyoid and infrahyoid musculature in the context of the larynx rather than the TMJ.

#### Module Two Objectives

Upon completion of The Challenging Larynx participants will be able to:

- Define the anatomy of the larynx, tongue, floor of mouth
- Define the aging process of the larynx & vocal folds
- Define the most common throat pain syndromes & their management
- Consider pathobiological mechanisms of pain in the context of throat pain & chronic cough
- Demonstrate excellent laryngeal assessment skills
- Demonstrate tongue palpation & treatment techniques
- Explain the neuromuscular cycle breaker in voice use
- Understand the use of laryngeal manual techniques in the context throat pain syndromes

### MODULE THREE: The Performance Voice

On this practical day you will learn how to “tune up” the performance voice.

Your practical sessions will support you to become confident in understanding the Performance Voice - how to increase a singer's vocal range, increase quality, decrease effort and increase their joy in singing.

#### Module three objectives

Upon completion of The Performance Voice participants will be able to:

- Define the most common voice styles & voice types
- Define the most common singing pedagogies
- Explain the laryngeal position in various singing styles
- Demonstrate singing voice assessment & palpation skills
- Explain the neuromuscular cycle breaker in voice use
- Understand the use of laryngeal manual techniques in the context of treating the performance voice

#### Instructor

Annie Strauch (B. Pty (Hons), M. Pty(Musc), M.Pty(Sports), MACP) is a Titled APA Musculoskeletal and Sports Physiotherapist. She is the Australian pioneer of Vocal Unloading<sup>®</sup>; manual therapy treatment of the professional and dysfunctional voice. She works in a multidisciplinary team in conjunction with ENT specialists, speech pathologists and vocal coaches. She has presented the Vocal Unloading concepts throughout Australia and internationally at the Voice Foundation (USA) and the International Congress of Voice Teachers. Annie's passion for the voice developed on London's West End where she worked with Ed Blake, Voice Physiotherapist.

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<b>Level</b>	Intermediate
<b>Target Audience</b>	Physiotherapists, Chiropractors, Osteopaths
<b>PD Hours</b>	16 hours

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