

Vocal Physical Therapy

Manual Therapy for the larynx & voice

Presenter: Annie Strauch (she/her), MACP

Titled Musculoskeletal, Sports & Exercise Physiotherapist

B. Pty (Hons), M. Pty (Sports & Exercise), M. Pty (Musculoskeletal)

Description

Do you have patients who lose their voice, complain of throat pain, or have swallowing issues?

Do you understand the relationship between the larynx, neck and TMJ and how this can impact the voice and throat?

Are any of your patients singers who are reporting vocal fatigue?

Discover how Vocal Physical Therapy can assist you to assess and manage laryngeal dysfunction - the missing link.

Over two practical days, this course will be the introduction to cover the three primary modules to introduce you to Vocal Physiotherapy; manual therapy that unloads the musculoskeletal components of the larynx & voice, providing you with assessment and treatment skills that are immediately applicable in your daily clinical practice.

This module will help you understand the clinical rationale and clinical implications of voice and larynx dysfunction and importantly, how to tackle it.

MODULE ONE: Foundations of Voice

This is a two day practical introduction to Vocal Physiotherapy (or Vocal Unloading®) for manual therapists.

After this module you will have a deeper understanding of the anatomy, physiology and biomechanics of the laryngeal mechanism and how the voice is produced. The practical sessions will allow you to apply this knowledge to assess the larynx and perilaryngeal region and learn what the clinical implications of your findings may be to guide your treatment choices.

Practical technique sessions will teach you how to use unique manual techniques to treat and manage your clinical findings and alleviate voice and throat disorders. Learn how to apply these techniques to not only the voice but also to the upper quadrant.

Module one objectives

Upon completion of this course participants will be able to:

- Define the anatomy of the larynx
- Define basic vocal fold physiology
- Define basic voice disorders and the medical assessment
- Explain speech pathology input into voice disorders
- Understand laryngeal manual therapy research
- Explain the maladaptive voice cycle
- Explain the neuromuscular cycle breaker in voice use
- Demonstrate basic laryngeal assessment skills
- Demonstrate basic laryngeal palpation skills
- Demonstrate basic laryngeal manual techniques
- Describe appropriate basic techniques for muscle tension dysphonia

Instructor

Annie Strauch is titled Musculoskeletal & Sports Physiotherapist and is the Australian pioneer of Vocal Physiotherapy, also known as Vocal Unloading, treatment of the professional voice and dysfunctional voice. She works in a multidisciplinary team in conjunction with ENT specialists, speech pathologists and vocal coaches. Annie has presented Vocal Physiotherapy concepts nationally at Speech Pathology, ENT and voice teacher conferences, The Victorian College of the Arts, The Queensland Conservatorium and internationally, at the Voice Foundation (USA) and the International Congress of Voice Teachers.

Level	Intermediate
Target Audience	Physiotherapists, Chiropractors, Osteopaths
PD Hours	16 hours



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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®; 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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