

Vocal Manual Therapy

For Voice Professionals

Presenter: Annie Strauch (she/her), MACP

Titled Musculoskeletal, Sports & Exercise Physiotherapist

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

Description

Are you a Speech Pathologist, Vocal Coach or Voice Professional?

Do your clients have muscle tension? Would you like to understand and dive deeper into how muscular tension, posture and breath can impact voice production and what you can do about it? Would you like to be able to assess their posture, laryngeal position and the state of the perilaryngeal muscles and tissues?

Foundations of Manual Therapy for Voice Professionals explores and integrates how laryngeal anatomy, biomechanics, myofascial and muscular issues may adversely impact your clients' ability to produce effective voice. Most importantly, this module provides you with practical skills and strategies and the understanding behind your management choices.

MANUAL THERAPY for VOICE PROFESSIONALS

After this two day practical course you will have a deeper understanding of the anatomy, physiology and biomechanics of the laryngeal mechanism and how muscular and postural factors impact voice production. Upon completion of the practical sessions you will have a greater understanding in assessing the larynx and perilaryngeal region to apply your vocal knowledge to guide your management choices.

Practical technique sessions will teach you how to use safe manual techniques to treat and manage your assessment findings and alleviate the muscular and myofascial components. Learn how to apply these manual techniques and postural strategies to assist your clients.

Objectives

Upon completion of this course participants will be able to:

- Define the anatomy of the larynx
- Identify previous laryngeal manual therapy research
- Understand the Maladaptive Voice Cycle
- Explain the Neuromuscular Cycle Breaker in voice
- Demonstrate assessment skills including postural identification skills (larynx, head/neck)
- Demonstrate perilaryngeal / laryngeal palpation skills
- Demonstrate soft tissue techniques of the perilaryngeal structures appropriate for hyperfunctional voice disorders and the singing voice
- Be able to identify the role of "core" and breathing and integrate into the Power-Source-Filter model
- Have a deeper understanding of the myofascial lines and impact on voice
- Demonstrate movements related to myofascial lines
- Demonstrate cervical spine and perilaryngeal stretches

Instructor

Annie Strauch is titled Musculoskeletal & Sports Physiotherapist and is the Australian pioneer of Vocal Physical Therapy (previously 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	Speech Pathologists, Vocal Coaches, Voice Professionals
PD Hours	16 hours

