



# Vocal Physical Therapy

Manual Therapy for the larynx & voice

## The Performance Voice

After this practical and interactive 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 in the performance voice and performing artist.

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 performing artists.

### Objectives

Upon completion of this course participants will be able to:

- Define the anatomy of the larynx
- Define basic vocal fold anatomy and physiology
- Define basic voice disorders and the medical assessment for the performance voice
- Explain medical and speech pathology input into the performance voice
- Define the most common voice styles & voice types
- Define the most common singing pedagogues
- Understand laryngeal manual therapy research
- Explain the maladaptive voice cycle
- Explain the neuromuscular cycle breaker in the performance voice
- Demonstrate essential laryngeal assessment and palpation skills
- Demonstrate foundation laryngeal manual techniques
- Demonstrate singing voice assessment & palpation skills
- Demonstrate tongue palpation & treatment techniques
- Integrate myofascial lines and laryngeal posture and voice.
- Identify the Power- Source-Filter model
- Understand the use of laryngeal manual techniques in the context of treating the performance voice
- Understand the impact of external performance factors on voice production

**Presenter: Annie Strauch** (she/her), MACP

Titled Musculoskeletal, Sports & Exercise Physiotherapist

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

#### 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.

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<b>Level</b>	Intermediate
<b>Target Audience</b>	Physiotherapists, Osteopaths, Chiropractors
<b>PD Hours</b>	24 hours

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