

# 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 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 Physical Therapy 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. Upon completion of the practical sessions you will be competent in assessing the larynx and perilaryngeal region and apply your clinical reasoning 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 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, Chiropractors, Osteopaths
<b>PD Hours</b>	16 hours

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