

# Vocal Manual Therapy

For Voice Professionals

**Perth 2026**

**Sat 29<sup>th</sup> & 30<sup>th</sup> August, 2026**

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.

## **This practical and interactive two day workshop includes:**

- Foundations and evidence based practice behind manual therapy for the laryngeal mechanism.
- The framework of Vocal Manual Therapy for Voice Professionals
- Laryngeal, TMJ & cervical spine anatomy and their interdependence in voice use
- Hands on palpation and laryngeal assessment tools
- Manual therapy muscular and myofascial tension
- Movement and management strategies
- Case studies

## **Included resources:**

- Pre reading
- Full printed manual
- 60 min online workshop at week six
- Certificate of Completion
- Join our online manual therapy community

## **Early bird discount!**

**\$995**

Pay before 29/07/2026

**Fee: \$1275**

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

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

## **Register & secure your place:**

Complete the [Registration Form](#)

Payment details: Performance Medicine

BSB: 083-170 Account: 177099499

Ref - your name VMT

[Credit Card Payments](#)

[via online shop](#)

### **Booking Terms & Conditions**

1. The participant must pay the course fees to Performance Medicine prior to attending the course.
2. Payment options are;
  - Visa, MasterCard and American Express, by calling our Melbourne clinic to make the payment over the phone on 03 9686 2373.
  - EFT by using the details which can be found on your invoice. All prices listed are in Australian Dollars (AUD\$) unless indicated otherwise. Prices shown include Australian GST where applicable.
3. All requests to cancel must be made in writing no less than 14 days prior to the commencement date of the course.
  - Cancellations received less than 14 days prior to the start of the course will incur a fee of 100% of the total course price.
4. Performance Medicine reserves the right to make alterations or changes to a previously confirmed training course date for a variety of reasons including but not exclusively, such as illness of the presenter. In the unlikely event Performance Medicine will inform the participant as soon as possible.



**PERFORMANCE  
MEDICINE**

performancemedicine.com.au

# 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.

---

<b>Level</b>	Intermediate
<b>Target Audience</b>	Speech Pathologists, Vocal Coaches, Voice Professionals
<b>PD Hours</b>	16 hours

---



# Vocal Physical Therapy

## Manual Therapy for the larynx & voice

### Booking Terms & Conditions

1. The participant must pay the course fees to Performance Medicine prior to attending the course.
2. Payment options are:
  - Visa, MasterCard and American Express, by calling our Melbourne clinic to make the payment over the phone on 03 9686 2373.
  - EFT by using the details which can be found on your invoice. All prices listed are in Australian Dollars (AUD\$) unless indicated otherwise. Prices shown include Australian GST where applicable.
3. All requests to cancel must be made in writing no less than 14 days prior to the commencement date of the course.
  - Cancellations received less than 14 days prior to the start of the course will incur a fee of 100% of the total course price.
4. Performance Medicine reserves the right to make alterations or changes to a previously confirmed training course date for a variety of reasons including but not exclusively, such as illness of the Trainer. In the unlikely event Performance Medicine will inform the participant as soon as possible.

