



# Voice Therapy

## *“Physical therapy for your voice”*

### ***What is voice therapy?***

Voice therapy improves the health, function, quality, and stamina of the voice by making adjustments to vocal behaviors and lifestyle choices. A speech-language pathologist who is trained and experienced in the area of voice and vocal injury works with you to evaluate your voice and provide individualized evidence-based treatment. The goal of voice therapy is to improve your voice to a functional level, enabling you to return to normal daily activities and to fulfill occupational responsibilities. While we can address basic singing voice concerns, we may refer you to a singing voice specialist (SVS) who can help you to regain and to protect your singing voice “at the next level.”

### ***How does it work?***

Once evaluated by an ENT/laryngologist or other doctor, they will determine if voice therapy is right for you. Voice therapy is typically a 50-minute session once a week but is adjustable to fit your schedule and needs. As you gain confidence and independence with voice strategies, appointments may be spaced further apart. Insurance may cover medically necessary voice therapy and/or preventive services. Resonate accepts self-pay, Medicare, and some private insurance, and offers superbills (upon request) for reimbursement from your insurance company as an alternative. For superbills, be sure to contact your insurance provider to determine eligibility.

### ***What can I expect from voice therapy?***

At your first appointment, you will discuss your voice history and undergo an acoustic assessment of your voice with the speech-language pathologist using simple voice tasks. You will also learn about vocal hygiene, how the voice works, and (if time permits) begin instruction for exercises to help heal or improve your voice, as well as learn strategies to manage other medical conditions that may be affecting your voice. Exercises provided are to be practiced regularly at home. At the end of your first session, both you and the speech-language pathologist will develop a plan for follow-up appointments where you will continue to practice and master techniques to improve your voice function. The number of sessions vary per patient. Commonly, patients require around 4-6 sessions, sometimes more. The amount you practice will weigh greatly on your rate of improvement and overall success!

### ***Areas addressed in therapy may include, but are not limited to:***

- Coordination of the voice with breathing using sufficient breath support
- Promoting oral/nasal resonance to reduce strain in the throat
- Exploring and achieving the best vocal register, pitch, and loudness for speaking
- Minimizing muscle tension within and surrounding the larynx (voice box)
- Reducing episodes of vocal cord dysfunction and cough with behavioral strategies

***Allow Resonate Voice and Speech Services to help you sound your best, inside and out!***