WHAT TO EXPECT FROM VOICE THERAPY

Your doctor has recommended that you participate in voice therapy as an important part of your comprehensive treatment plan. The purpose of voice therapy is to help you find a better, easier way to produce voice and to improve your voice quality. Voice therapy is individualized so depending on your symptoms and your goals, you will learn:

1. How to produce a better voice quality
2. How to reduce the effort and fatigue with speaking and singing.
3. How to reduce and eliminate the pain that may be associated with speaking and singing.
4. How to keep your voice healthy.
5. How to stop chronic coughing or throat clearing

WHO IS YOUR THERAPIST?

A speech language pathologist with specialty training in care of the voice will work with you at the USC Voice Center. The therapist will communicate with your physician so that your treatment will be coordinated providing the best care for your voice. When the voice problem also impacts your singing voice; specialty trained speech language pathologists will work with you on both to provide optimal care for your vocal needs.

HOW DOES VOICE THERAPY WORK?

Evaluation

The first session with the speech language pathologist is an evaluation of your voice. If your physician has completed a videostroboscopy examination, your therapist will begin use computer based acoustic and aerodynamic instrumentation to test your voice. The results of these tests and others during the evaluation allow your therapist to develop an individualized therapy plan specifically designed to help meet your vocal needs. If you have not had videostroboscopy completed, the therapist will complete that test to take a look at your vocal cords through a small and share the results with your physician.

During the voice evaluation, the speech pathologist may give you some exercises to try at home. The evaluation requires approximately 45-60 minutes of your time to complete. The therapist will then generate a report and share it with your physician. Then together with your therapist, you will determine the best plan to complete voice therapy.
Therapy

Most patients require 4–8 sessions over 2–3 months. Each session is approximately 45 minutes in length. The goal of voice therapy is to improve your voice to meet your vocal needs. Voice therapy is a partnership between you, your physician, and your therapist. Attending your therapy sessions, completing your home assignments, and taking control of your vocal environment is important to achieving the best outcomes. We understand that life is busy so we work with you to schedule sessions as conveniently as possible with your other life commitments and our skilled therapists are expert at developing plans that meet your needs.

Home assignments

Practice outside of therapy is important. Your commitment to home practice will make a difference in how fast you complete therapy and how successful your therapy outcome.

For questions contact Dr Edie Hapner through the portal at: http://myUSCchart.Keckmedicine.org
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