

Abstract of the Workshop “Manual Therapy in Muscle Tension Dysphonia in Professional Singers and Actors”

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Location and Time: Oliphant Hall, Chapman University, Orange, California, USA; Tuesday, July 3 2018; 9:30-10:45 am

Background:

Professional singers and actors belong to the group of professional voice users with the highest vocal demands regarding voice quality and vocal load. Thus, professional singers and actors are at a high risk to develop a voice disorder which in turn may also have psychosocial and economic consequences. Besides voice disorders caused by organic changes (e.g. infections, trauma, tumor etc.) there are functional voice disorders which are caused by an inadequate voice use related to various underlying factors. Muscle tension dysphonia (MTD), a type of functional voice disorders, is a result of excessive phonatory effort often caused by poor posture, poor breathing patterns, and stress-related factors. Due to the various factors contributing to MTD, a multidisciplinary approach is essential in its management. Manual therapy can be one important component of the multidisciplinary management of MTD.

Purpose:

The purpose of this workshop is to inform about current evidence of manual therapy in muscle tension dysphonia (MTD) and to demonstrate manual therapy techniques for treating singers and actors with this kind of functional voice disorders.

Approach of Presentation:

Based on a case from a special physiotherapeutical outpatient clinic for vocalists the theory and practice of manual therapy especially of the laryngeal area will be presented. The anamnesis and assessment will be reviewed and the relevant anatomy and clinical reasoning process will be illustrated. Practical examples of hands-on treatment techniques will be demonstrated and participants will be invited to apply skills learnt.

Content:

This workshop will focus on the manual therapy assessment and treatment of muscle tension dysphonia in professional singers and actors. The theoretical considerations include the relevant anatomy of the shoulder, neck and larynx region as well as the current evidence base according to laryngeal manual therapy. Specific laryngeal manual therapy techniques will be demonstrated.

Conclusion and Practical Relevance:

This workshop highlights that manual therapy as part of a physiotherapeutical approach to MTD can be one component in the multidisciplinary management of functional voice disorders in professional singers and actors.