

MANUAL THERAPY IN THE VOCALLY INJURED PERFORMER

Manual therapy was officially born in the second half of the 1900s and deals with the diagnosis, evaluation and treatment of neuro-musculoskeletal disorders, through the use of manual techniques and, since the end of the 90s, officially supports phoniatricians and speech therapist in treatment of voice disorders.

To date there is full evidence of how surmenage (overuse) and malmenage can affect the voice system together with mucosal dehydration, allergies, smoking and alcohol, gastroesophageal or pharyngolaryngeal reflux, endocrine imbalances and postural problems. Many researchers and scientists have shown how these factors can compromise a good mucous wave.

Video laryngostroboscopy allowed us to visualize the state of the mucous membranes and the functioning of the phonation structures, highlighting how various laryngeal functional asymmetry frames are associated with various voice disorders.

Manual therapy fits into multiple stages in performer therapy with voice problems.

The knowledge of new therapeutic approaches, which can also be used for preventive purposes, is certainly an important aspect that should not be missing from the cultural background of those who deal with the voice.

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