

Osteopathy For Voice Problems

Osteopaths Lyndsay Mudford and Nikki Moss specialise in treating vocal problems that are associated with tight muscles around the larynx.

Those particularly affected are **singers, actors, teachers, public speakers** - and others whose work involves a high vocal load.

We can also help some whose voices have been affected by strokes, throat surgery and radiotherapy.

Common symptoms

Hoarseness, huskiness, reediness, breathiness, loss of voice, loss of vocal stamina, loss of volume, loss of pitch range, loss of resonance, throat pain, 'lump in the throat', effortful swallowing.

Primary Muscle Tension

These problems are usually caused by muscle tension in the vocal tract. This happens when you overuse your voice or develop faulty speaking or singing habits. Often this is associated with inadequate breathing.

Secondary Muscle Tension

Sometimes the muscle tension occurs because there is something wrong with the vocal cords affecting voice production and you unwittingly work the muscles harder when you speak or sing in an attempt to make your voice sound normal.

An example of this is nodules forming on the vocal cords. These prevent the vocal folds fully closing so air escapes giving rise to a breathy, husky quality.

Posture

Poor posture with a 'forward head' and hunched shoulders affects the position of your neck and can contribute to vocal problems and inadequate breathing.

What we do

Listen carefully to the story of your voice problems and take a medical case history including regular medication and other health issues, past and present.

Examine your standing and sitting postures, your vocal tract, and how you breathe.

Identify areas that are painful, tight and restricted, and stretch and release them using various hands-on techniques. At the end of a treatment, patients often comment that their voice sounds clearer and more resonant.

If we suspect there is an underlying pathology we will recommend you see a laryngologist who specialises in the voice and will examine the inside of your vocal tract and assess the condition of dynamics of your vocal cords.

Contact Us

Please feel free to contact either of us at the Complementary Health Centre if you would like to discuss before making an appointment. We look forward to helping you!