



Contents

Preface xv

Chapter 1 An Introduction to Voice Disorders and Their Management 1

The Biological Function of the Larynx	2
The Emotional Function of the Larynx	3
The Linguistic Function of the Voice	4
Prevalence of Voice Disorders in the General Population	5
Prevalence of Voice Disorders in Special Populations	6
Prevalence of Voice Disorders in Children	7
Prevalence of Voice Disorders in the Elderly	7
Prevalence of Voice Disorders in Teachers and Student Teachers	8
Prevalence of Voice Disorders in SLPs and Future SLPs	9
Kinds of Voice Disorders	9
Functional Voice Disorders	10
Organic Voice Disorders	11
Neurogenic Voice Disorders	11
Management and Therapy for Voice Disorders	12
Summary	15
<i>Clinical Concepts</i>	15
<i>Guided Reading</i>	16
<i>Preparing for the PRAXIS™</i>	16

Chapter 2 Normal Voice: Anatomy and Physiology Throughout the Lifespan 18

Normal Aspects of Voice	19
Normal Processes of Voice Production	19
The Respiratory System	20
Structures of Respiration	20
The Bony Thorax	20
The Muscles of Respiration	21
The Inspiratory Muscles	22
The Expiratory Muscles	26
The Tracheobronchial Tree	26

Control of Breathing	27
The Respiratory Cycle (Inhalation and Exhalation)	27
Passive Forces	27
Active Forces	29
Respiratory Volumes and Capacities	31
The Effects of Aging on the Respiratory System	32
Breathing for Life versus Breathing for Speech	33
The Phonatory System	34
Anatomy of Phonation	34
The Laryngeal Framework	35
The Extrinsic Laryngeal Muscles	35
The Supplementary Laryngeal Muscles	35
Laryngeal Cartilages	36
Extrinsic Laryngeal Ligaments and Membranes	38
The Laryngeal Cavity	39
Laryngeal Joints	40
Intrinsic Laryngeal Ligaments and Membranes	41
The Intrinsic Laryngeal Muscles	42
The Ventricular (False) Vocal Folds	45
The True Vocal Folds	45
Laryngeal Blood Supply and Lymphatic Drainage	47
Nervous System Control of the Larynx	47
Lifespan Changes in the Larynx	50
Principles of Phonation	51
The Myoelastic-Aerodynamic Theory of Phonation	51
Laryngeal Adjustments for Speech	52
Voice Registers	52
How We Change Vocal Pitch	54
How We Change Vocal Loudness	55
How We Change Vocal Quality	55
Resonance	57
Structures of Resonance	57
Mechanism of Resonance	60
Summary	62
<i>Clinical Concepts</i>	62
<i>Guided Reading</i>	63
<i>Preparing for the PRAXIS™</i>	63

Chapter 3 Functional Voice Disorders 65

Excessive Muscle Tension Disorders	66
Muscle Tension Dysphonia (MTD)	66
Ventricular Dysphonia	67

Benign Pathologies Resulting from Excessive Muscle Tension Disorders	69
Vocal Fold Nodules	69
Vocal Fold Polyps	72
Reinke's Edema	73
Laryngitis	74
Voice Characteristics with Excessive Muscle Tension Disorders	75
Diplophonia	75
Phonation Breaks	76
Pitch Breaks	76
Psychogenic Voice Disorders	77
Puberphonia	78
Functional Aphonia	79
Functional Dysphonia	81
Somatization Dysphonia	83
Summary	84
<i>Clinical Concepts</i>	84
<i>Guided Reading</i>	84
<i>Preparing for the PRAXIS™</i>	85

Chapter 4 Organic Voice Disorders 87

Congenital Abnormalities	88
Laryngomalacia	88
Subglottic Stenosis	88
Esophageal Atresia and Tracheoesophageal Fistula	89
Acid Reflux Disease	89
Contact Ulcers (Granulomas)	92
CYSTS	94
Endocrine Changes	95
Hemangioma	96
Hyperkeratosis	96
Infectious Laryngitis	97
Leukoplakia	98
Recurrent Respiratory Papillomatosis	98
Pubertal Changes	99
Sulcus Vocalis	100
Webbing	101
Laryngeal Cancer	102
Summary	103
<i>Clinical Concepts</i>	103
<i>Guided Reading</i>	104
<i>Preparing for the PRAXIS™</i>	105

Chapter 5 Neurogenic Voice Disorders 106

A Working View of the Nervous System	107
The Central Nervous System, The Cortex, and Its Projections	107
Pyramidal and Extrapyramidal Tracts	108
Thalamus, Internal Capsule, and the Basal Ganglia	109
Neurotransmitters	110
The Brainstem and the Cerebellum	110
The Peripheral Nervous System (PNS)	111
<i>Cranial Nerves (IX, X, XI, XII)</i>	112
Conditions Leading to Neurogenic Dysphonia	115
Vocal Fold Paralysis	115
Unilateral Vocal Fold Paralysis (UVFP)	117
Medical Management of UVFP	117
Bilateral Vocal Fold Paralysis (BVFP)	119
Spasmodic Dysphonia (SD)	120
Judgment Scales for SD	121
Voice Therapy for SD	122
Recurrent Laryngeal Nerve (RLN) Sectioning	123
Botulinum Toxin Type A (BTX-A) Injections	124
Essential Voice Tremor	126
Differences Among SD, Essential Voice Tremor, and Muscle Tension Dysphonia	127
Parkinson's Disease (PD)	127
Cerebrovascular Accident (CVA)	130
Traumatic Brain Injury	130
Summary	131
<i>Clinical Concepts</i>	131
<i>Guided Reading</i>	132
<i>Preparing for the PRAXIS™</i>	132

Chapter 6 Evaluation of the Voice 134

Screening for Voice Disorders	135
Medical Evaluation of the Voice-Disordered Patient	136
The Roles of the SLP and Physician and the Need for a Medical Evaluation	138
Evaluation of the Voice-Disordered Patient by the SLP	139
Review of Auditory and Visual Status	140
Case History	141
Description of the Problem and Cause	141
Onset and Duration of the Problem	142
Variability of the Problem	142

Description of Vocal Demands	143
Additional Case History Information	143
Behavioral Observation	144
Auditory-Perceptual Ratings	144
Voice-Related Quality of Life	146
The Oral-Peripheral Mechanism Examination	150
Laryngoscopy/Phonoscopy	151
The Clinical Voice Laboratory	153
Acoustic Analyses and Instrumentation	154
Sound Spectrography	154
Fundamental Frequency	154
Frequency Variability	156
Maximum Phonational Frequency Range (MPFR)	157
Average/Habitual Intensity	158
Intensity Variability	159
Dynamic Range	159
The Voice Range Profile (Phonetogram)	159
Vocal Perturbation Measures	162
Vocal Noise Measures	163
Electroglottographic Analysis and Instrumentation	163
Aerodynamic Measurements and Instrumentation	164
Lung Volumes and Capacities	166
Air Pressure	167
Airflow	168
Laryngeal Resistance	168
Phonatory-Respiratory Efficiency Analyses and Instrumentation	169
Maximum Phonation Time (MPT)	169
s/z Ratio	171
Voice Dosage Analysis and Instrumentation	171
Case Studies	173
Assessment	174
Perceptual and Noninstrumental Observations	174
Summary	176
Recommendations	176
Assessment	177
Perceptual and Noninstrumental Observations	177
Voice Facilitating Approaches	177
Summary and Recommendations	178
Effects of Disability on Participation in General Curriculum	178
Short-Term Objectives	178
Evaluation Plan	179

Assessment	179
Perceptual and Noninstrumental Observations	179
Endoscopic Evaluation	182
Summary	182
Recommendations	182
Summary	182
<i>Guided Reading</i>	183
<i>Preparing for the PRAXIS™</i>	183

Chapter 7 Voice Facilitating Approaches 185

Patient Compliance and Emerging Technologies in Voice Intervention	186
Voice Therapy Facilitating Approaches	187
1. Auditory Feedback	189
2. Change of Loudness	190
3. Chant-Talk	193
4. Chewing	195
5. Confidential Voice	197
6. Counseling (Explanation of Problem)	199
7. Digital Manipulation	201
8. Elimination of Abuses	203
9. Establishing a New Pitch	206
10. Focus	208
11. Glottal Fry	211
12. Head Positioning	213
13. Hierarchy Analysis	215
14. Inhalation Phonation	217
15. Laryngeal Massage	219
16. Masking	221
17. Nasal-Glide Stimulation	223
18. Open-Mouth Approach	224
19. Pitch Inflections	226
20. Redirected Phonation	228
21. Relaxation	230
22. Respiration Training	233
23. Tongue Protrusion /i/	236
24. Visual Feedback	238
25. Yawn-Sigh	240
Summary	242

Chapter 8 Therapy for Special Patient Populations 243

- Voice Therapy for Particular Populations 243
 - The Aging Voice 243
 - Pediatric Voice Problems 247
 - Professional Voice Users 250
 - Deaf and Hard of Hearing 253
 - Transgender Patients 255
- Voice Therapy for Respiratory-Based Voice Problems 258
 - Airway Obstruction 258
 - Airflow Interference 258
 - Vocal Fold Paralysis 258
 - Asthma 259
 - Emphysema 259
 - Faulty Breath Control 260
 - Paradoxical Vocal Fold Movement 261
 - Chronic Cough 262
 - Tracheostomy 262
- Summary 263
 - Clinical Concepts* 263
 - Guided Reading* 264
 - Preparing for the PRAXIS™* 264

Chapter 9 Management and Therapy Following Laryngeal Cancer 266

- Risk Factors, Incidence, and Demographics in Head and Neck Cancer 266
- Historical Review 267
- Modes of Cancer Treatment 268
- Case Examples 268
- Voice Facilitating Approaches 270
- Vocal Hygiene 271
- Laryngectomy 271
- Tumor Staging 272
- Surgical Advances and Organ Preservation Protocols 275
- Preoperative Counseling 275
- Postlaryngectomy Communication Options 276
- The Artificial Larynx 277
- Esophageal Speech (ES) 278
 - The Injection Method 279
 - The Inhalation Method 280

Tracheoesophageal Puncture (TEP) 282
Overview of the Pharyngoesophageal (PE) Segment 286
Summary 287
 Guided Reading 288
 Preparing for the PRAXIS™ 288

Chapter 10 Resonance Disorders 290

Resonance Defined 290
Disorders of Nasal Resonance 291
 Hypernasality 291
 Hyponasality 292
 Assimilative Nasality 292
Evaluation of Nasal Resonance Disorders 292
 Perceptual Analysis of Speech 293
 Hoarseness 294
 Simple Clinical Instrumental Assessment 295
 Stimulability Testing 295
 Articulation Testing 296
The Oral Examination 297
Laboratory Instrumentation 298
 Aerodynamic Instruments 298
 Nasometry 298
 Spectrography 300
 Radiography 300
 Endoscopy 301
Treatment of Nasal Resonance Disorders 303
 Hypernasality 303
 Surgical Treatment for Hypernasality 305
 Dental Treatment of Hypernasality 306
 Voice Therapy for Hypernasality 308
 Hyponasality 310
 Assimilative Nasality 311
Therapy for Oral -Pharyngeal Resonance Problems 312
 Reducing the Strident Voice 313
 Improving Oral Resonance 314
Summary 317
 Guided Reading 317
 Preparing for the PRAXIS™ 317

Answer Key 319

References 321

Index 357