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## **A Look At Metropolitan ENT Associates Voice Therapy**

Speech/voice therapy is a physical rehabilitation program to improve function of the larynx (voicebox). Voice therapy is usually recommended by your physician to facilitate recovery of adequate function of the voice secondary to a “change in the structure”.

These changes alter the way the vocal folds/larynx work and result in symptoms such as:

**Hoarseness**

**Throat Soreness/Tightness**

**Decreased in Pitch Range**

**Difficulty with vocal projection**

**Decreased Vocal Endurance**

**Vocal Weakness**

In most cases, the above symptoms are preceded by an exacerbating event, which may include: increased acid reflux, excessive voice use, upper respiratory infections/colds, surgery, and the aging process.

**WHO:** At Metropolitan ENT Associates, your speech therapy will be performed by a licensed Speech Pathologist who has extensive training and experience in the treatment of voice disorders.

**WHEN:** Speech therapy sessions are usually scheduled once a week for approx. 10 weeks (based on individual progress). The therapy sessions last 30 minutes and are “one on one” with the therapist. Early morning and late afternoon appointments are available.

**WHERE:** Speech therapy services are offered in our Mercy, North Hills Passavant and Cranberry Offices.

**HOW:** When speech therapy is recommended by your physician, Metropolitan ENT Associates will start the process by obtaining authorization for the therapy with your insurance company. Speech therapy coverage varies with individual insurance plans and you will be informed of your specific benefits when you are contacted by our speech coordinator, Lori Jones, to schedule appointments. This process usually takes two weeks from the time therapy is recommended.



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## **???Frequently Asked Patient Questions???**

### **What will I do in therapy?**

Each patient’s therapy is based on an individualized treatment plan; therapy sessions usually involve manipulation of various vocal parameters (volume, pitch, resonance, airflow). The manipulation of these parameters results in a more efficient and effective way to achieve voice production.

### **Will I have to sing in speech therapy?**

No. However, if impaired singing ability is a presenting symptom, unique speech therapy exercises for singers will be incorporated into the therapy sessions.

### **Do I have to enroll in speech therapy?**

In general, patient’s who do not pursue the recommended speech therapy do not see complete or optimal vocal recovery and flexibility in their voice. In most cases, speech therapy has been noted to facilitate significant recovery of the voice in a relatively short period of time. Success of speech therapy is highly determined by patient motivation and compliance with the therapy protocol.

### **How will my progress be monitored?**

Throughout the course of speech therapy, you as the patient will have significantly improved awareness and control of your voice. Therefore, you will sense a gradual improvement in your voice as the therapy sessions progress. Your therapist will also closely monitor and chart your progress. Upon completion of speech therapy a repeat videostroboscopy will be preformed to document the changes that have occurred throughout the course of therapy. Your videostroboscopy report will also be forwarded to your primary care physician.