

Patient information

What is voice therapy?

Voice therapy can be thought of as 'physiotherapy for the voice'. The voice box, or larynx, is made up of a number of different muscles. Sometimes, these muscles do not work efficiently and require re-training. Similar to if you'd strained a muscle whilst running, the voice can be strained through the way it is used. Voice therapy helps to reduce this strain by giving you new strategies to replace old habits that may have affected your voice.

What causes the muscles to not work efficiently?

Problems with the voice can be caused by:

- Overuse, for example, teaching or untrained singing over many years.
- Talking too loudly or too quietly.
- Talking to the end of a breath.
- Frequent throat clearing or coughing.
- Poor posture.
- Anxiety and stress.
- Irritants such as smoke, dust, pollen and fumes.
- Not drinking enough non-alcoholic drinks.

Why has voice therapy been suggested to me?

During your Ear, Nose and Throat (ENT) appointment, your consultant felt that you would benefit from being given new strategies to help your voice and to prevent further problems with your voice in the future.

You will be contacted by the voice therapy reception team in due course to arrange an appointment. If you feel you do not require an appointment please let our reception team know or contact us immediately on 01284 713300 and we will take you off our waiting list.

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