

DEMYSTIFYING VOICE THERAPY
Speech and Hearing Association of Alabama
February 8, 2024
Sarah D. Hoch, Jacob R. Wright, Edie R. Hapner
UAB Voice Center
Adapted from Buckley and Hapner, 2017

A. DIAGNOSIS	Case 1	Case 2	Case 3	Case 4	Case 5
<input type="checkbox"/> Phonotraumatic Lesion <input type="checkbox"/> Lesion with expected recovery (no surgery) <input type="checkbox"/> Lesion that will need to go to surgery <input type="checkbox"/> Primary MTD <input type="checkbox"/> Glottal Incompetence <input type="checkbox"/> With surgical/procedural intervention first <input type="checkbox"/> Without surgical/procedural intervention first <input type="checkbox"/> Upper Airway <input type="checkbox"/> With Cough <input type="checkbox"/> Dyspneic events/laryngospasm <input type="checkbox"/> Dystonia/Tremor <input type="checkbox"/> with chemodenervation (Botox) <input type="checkbox"/> without chemodenervation	Diagnosis and Primary Treatment: Auditory Perceptual Assessment: Goals for Therapy: Tasks for Therapy:	Diagnosis and Primary Treatment: Auditory Perceptual Assessment: Goals for Therapy: Tasks for Therapy:	Diagnosis and Primary Treatment: Auditory Perceptual Assessment: Goals for Therapy: Tasks for Therapy:	Diagnosis and Primary Treatment: Auditory Perceptual Assessment: Goals for Therapy: Tasks for Therapy:	Diagnosis and Primary Treatment: Auditory Perceptual Assessment: Goals for Therapy: Tasks for Therapy:

B. AUDITORY PERCEPTUAL ASSESSMENT	Case 1	Case 2	Case 3	Case 4	Case 5
CAPE-V __/100	_/100	_/100	_/100	_/100	_/100
Primary Aberrant Perceptual Feature					

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C. GOALS FOR THERAPY				
Optimizing Vocal Health	Recalibration	Exuberant Therapy	Adjunct to Medical Treatments	Improving internal locus of control

D. TASKS TO ACHIEVE GOALS						
Optimizing glottal configuration	Decrease Breath holding	Improve oral resonance	Voice Building	Reducing dyspnea and cough	Manual therapies to reduce compensatory muscle tension	Adapting Vocal Dose
<i>Semi-Occluded Vocal Tract (SOVT) Tasks</i> <ul style="list-style-type: none"> • Straw phonation • Cup bubbles • Kazzoo buzz • lip trills • voiced fricatives 	<ul style="list-style-type: none"> • Flow phonation • Cup bubbles • deep breathing exercises 	<ul style="list-style-type: none"> • Resonant Voice Therapy • LMRVT • Conversation Training Therapy (CTT) 	<ul style="list-style-type: none"> • Vocal Function Exercises • LSVT LOUD® • SPEAK OUT!® • Phonation Resistance Training Exercises PhoRTE® • Inspiratory muscle strength trainers • Expiratory muscle strength trainers 	<ul style="list-style-type: none"> • Olin-EILOBI • Rescue Breathing • Inspiratory muscle strength trainers • Trigger Identification • Replacement behaviors 	<ul style="list-style-type: none"> • Circumlaryngeal massage • Myofascial Release 	<ul style="list-style-type: none"> • Return to voicing • Amplification • Ear plug in one ear • Adapting voicing in loud settings • Modified voice rest • Complete voice rest

Consensus Auditory-Perceptual Evaluation of Voice (CAPE-V)

Voice Sample #: _____

The following parameters of voice quality will be rated upon completion of the following tasks:

1. Sustained vowels, /a/ and /i/ for 3-5 seconds duration each.
2. Sentence production:
 - a. The blue spot is on the key again.
 - b. How hard did he hit him?
 - c. We were away a year ago.
 - d. We eat eggs every Easter.
 - e. My mama makes lemon muffins.
 - f. Peter will keep at the peak.
3. Spontaneous speech in response to: "Tell me about your voice problem." or "Tell me how your voice is functioning."

Legend: C = Consistent I = Intermittent
 MI = Mildly Deviant
 MO = Moderately Deviant
 SE = Severely Deviant

			<u>SCORE</u>
Overall Severity _____	C	I	_____/100
MI MO SE			
Roughness _____	C	I	_____/100
MI MO SE			
Breathiness _____	C	I	_____/100
MI MO SE			
Strain _____	C	I	_____/100
MI MO SE			
Pitch (Indicate the nature of the abnormality): _____	C	I	_____/100
MI MO SE			
Loudness (Indicate the nature of the abnormality): _____	C	I	_____/100
MI MO SE			
_____	C	I	_____/100
MI MO SE			
_____	C	I	_____/100
MI MO SE			

COMMENTS ABOUT RESONANCE: NORMAL OTHER (Provide description): _____

ADDITIONAL FEATURES (for example, diplophonia, fry, falsetto, asthenia, aphonia, pitch instability, tremor, wet/gurgly, or other relevant terms):

Clinician: _____



Voice Handicap Index – 10

Instructions: These are statements that many people have used to describe their voices and the effects of their voices on their lives. Circle the response that indicates how frequently you have the same experiences.

	<i>Never</i>	<i>Almost Never</i>	<i>Sometimes</i>	<i>Almost Always</i>	<i>Always</i>
1. My voice makes it difficult for people to hear me.	0	1	2	3	4
2. People have difficulty understanding me in a noisy room.	0	1	2	3	4
3. People ask, "What's wrong with your voice?"	0	1	2	3	4
4. I feel as though I have to strain to produce voice.	0	1	2	3	4
5. My voice difficulties restrict personal and social life.	0	1	2	3	4
6. The clarity of my voice is unpredictable.	0	1	2	3	4
7. I feel left out of conversations because of my voice.	0	1	2	3	4
8. My voice problem causes me to lose income.	0	1	2	3	4
9. My voice problem upsets me.	0	1	2	3	4
10. My voice makes me feel handicapped.	0	1	2	3	4

TOTAL SCORE: _____