

# Osteopathic Techniques for the Injured Vocalist



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# Disclosures

Still no relevant disclosures for this presentation.

# Learning Objectives

By the end of this session, participants will be able to:

- Perform a targeted evaluation specific to the injured vocalist
- Treat vocalist-related somatic dysfunction with osteopathic manipulative medicine

# Algorithm for Vocalist Evaluation

- Standing Posture
- Listen to the Voice
- Jaw Evaluation
- Tongue Evaluation
- Hyoid Evaluation
- Pharynx/Larynx Evaluation
- Diaphragm Evaluation

# Standing Posture

Evaluate in two planes

Things to look for:

- Head forward posture
- Protracted shoulders

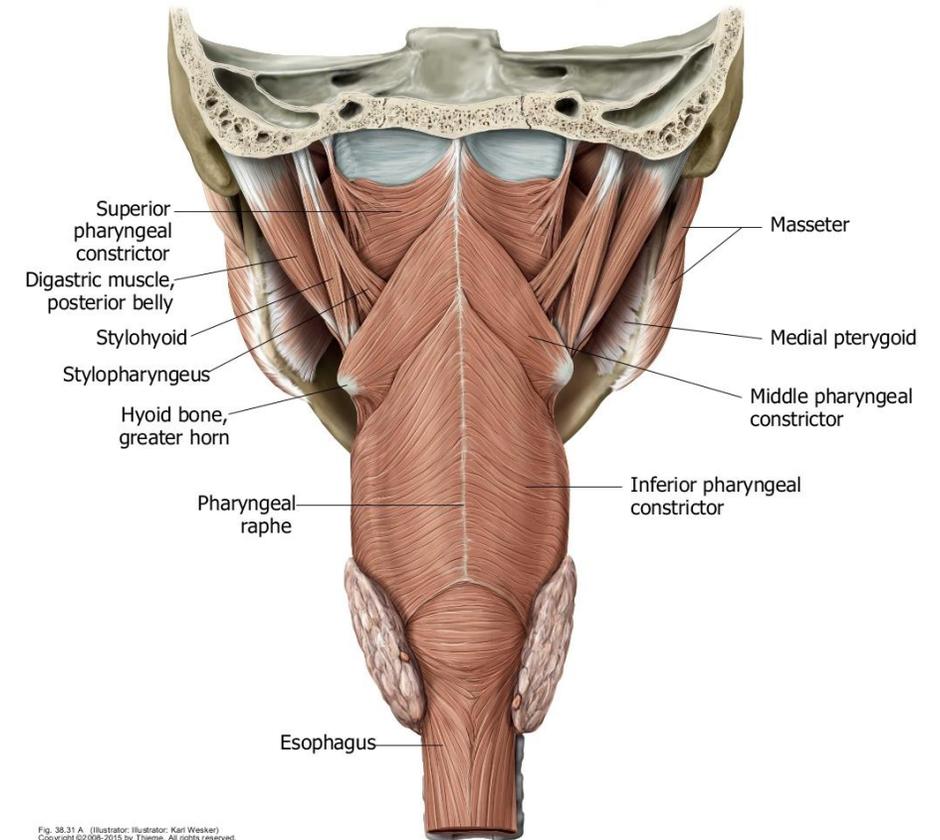
# Listen to the Voice

- Have vocalist do warm-ups
- Want to listen to all registers
  - Chest voice
  - Mid range
  - Head voice
- Want to use different vowels and tongue positions
  - "Ahh" is necessary to assess palate
  - "Ooo" helps to assess jaw
  - "L" helps to assess tongue function

# Jaw Evaluation

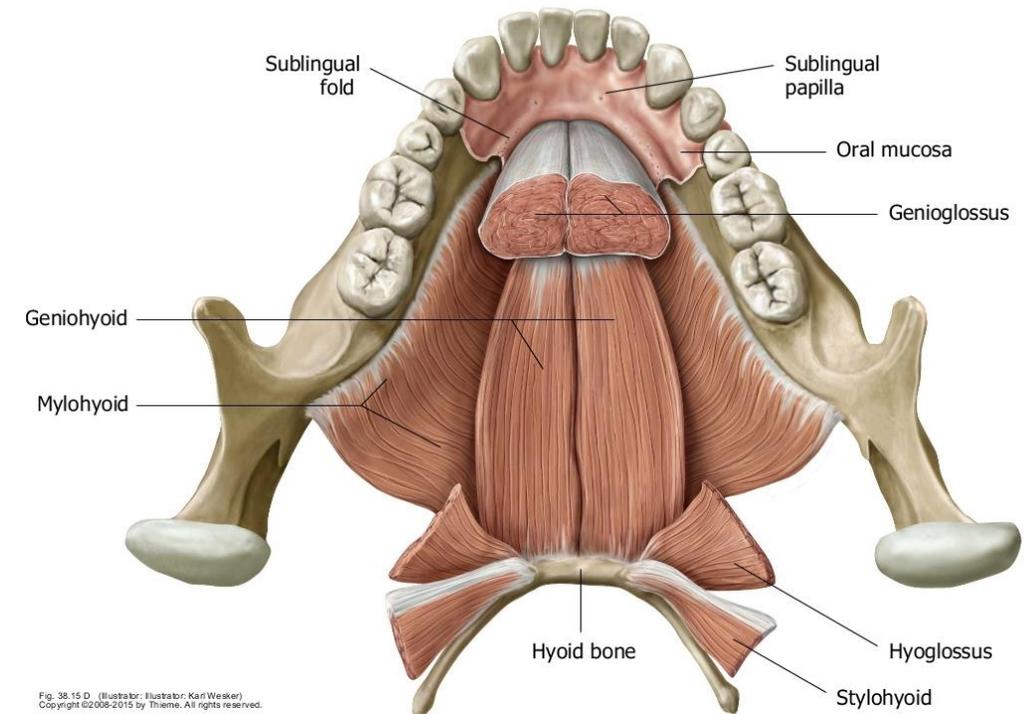
Active jaw opening and closing

- Look for tightness, deviation, crepitation
- Treat the tight side



# Tongue Evaluation

- Check tongue protrusion centered, left, and right
- Treat base of tongue opposite the restricted side



# Hyoid Evaluation

- Directly palpate and translate hyoid
- Think about connections and try to identify what structure is implicated
- Treat appropriately

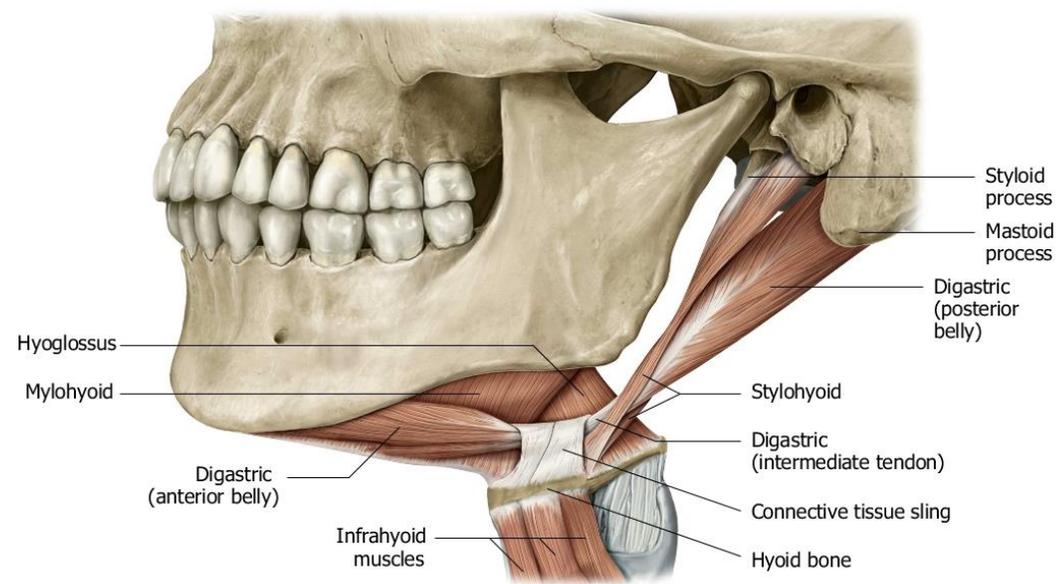


Fig. 38.15 B (Illustrator: Karl Wesker)  
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# Pharynx/Larynx Evaluation

- Evaluate and treat posterior constrictors (upper, middle, lower)
- Evaluate and treat anterior constrictors (ACF, longus colli)

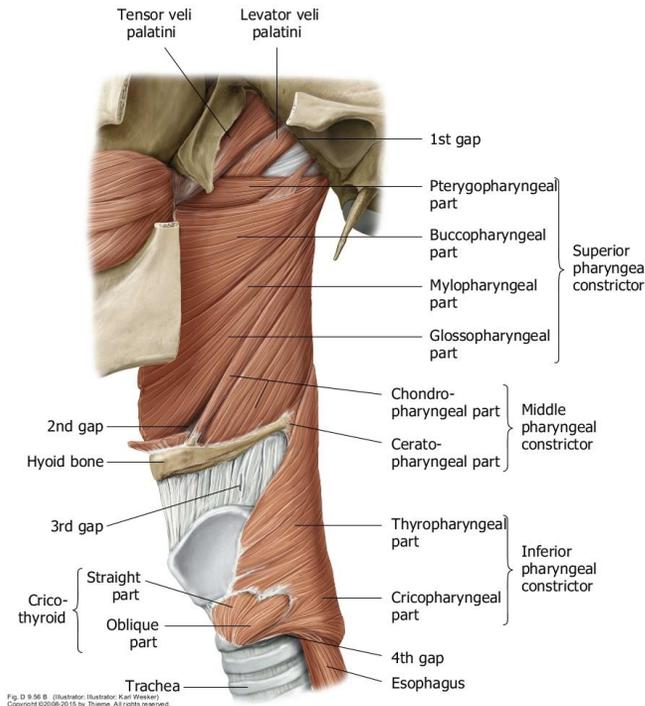


Fig. D 9-56 B (Illustrator: Karl Wesker)  
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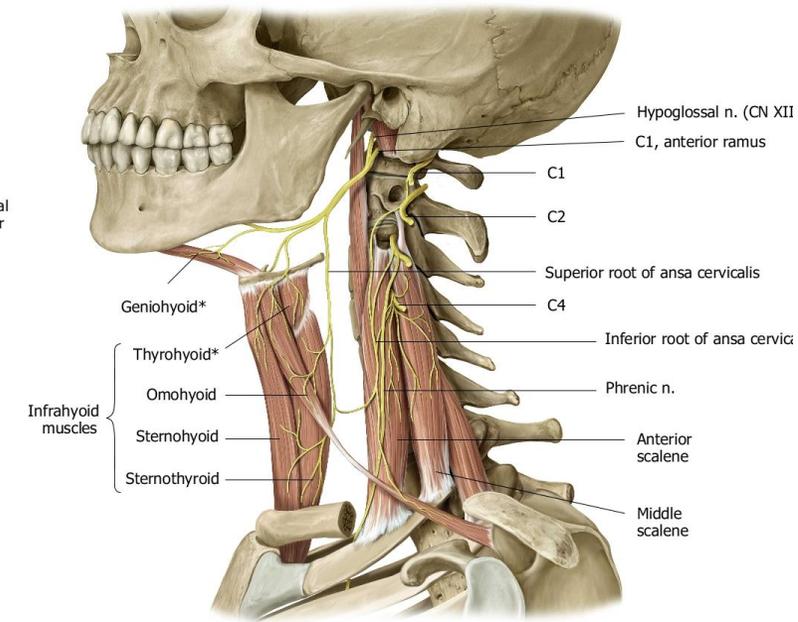
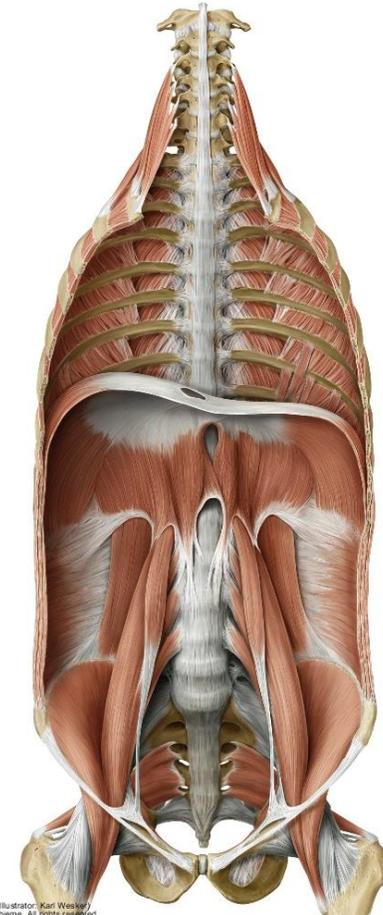


Fig. 39-12 (Illustrator: Karl Wesker)  
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# Diaphragm Evaluation

- Evaluate for excursion in all directions
- Treat as appropriate



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- Standing Posture
- Listen to the Voice
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- Tongue Evaluation
- Hyoid Evaluation
- Pharynx/Larynx Evaluation
- Diaphragm Evaluation