PT AND THE VOICE

Can a physical therapist treat a voice patient?

In today’s health care market, physical therapists are looking for ways to optimize care and find new patient populations. Physical therapists do not want to overlook patient populations which they can serve and help. The collaborative approach in health care efficiently and effectively using appropriate skill sets of different disciplines is becoming more in crucial demand. An integrative approach using the skill sets of different disciplines is a cost effective way of treating ailments. One area which physical therapists can successfully treat is patients with vocal dysfunction caused by muscle tension. The purpose of this course is to teach physical therapists how to treat certain vocal dysfunctions.

Send registration form and complete payment to Carey Tomlinson, PT.

Name and title

Address

Phone

E-mail

Fax to 615-343-7671.

Card Number

Expiration Date

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Billing Street Address

...or mail payments to address below

To Register:
Vanderbilt Dayani Center

Mail to: Attn. Carey Tomlinson
The Vanderbilt Dayani Center for Health & Wellness
1500 Medical Center Drive
Nashville TN 37232-8285

Course Location:
The Vanderbilt Center for Integrative Health
3401 West End Avenue
Nashville TN 37203
Phone: 615-343-1554

Brought to you by the Vanderbilt Dayani Center for Health & Wellness and the Vanderbilt Center for Integrative Health with support from the Vanderbilt Voice Center.
Saturday October 5, 2013

7:30 — Registration
8:00 — Welcome
8:20 — Anatomy Review
9:00 — What is Muscle Tension Dysphonia? MD from Vanderbilt Voice Center
9:30 — Manual Therapy Lecture and Lab
10:45 — Break
11:00 — Voice Production for the PT & PTA Jennifer Craig, M.S., CCC-SLP from the Vanderbilt Voice Center
11:45 — Lunch Provided
12:45 — Evaluation + Exercise Lecture & Lab
2:00 — Circumlaryngeal massage, SCMs and Scalenes Lecture and Lab
3:30 — Break
3:45 — Suprahyoids / Infrahyoids Lecture and Lab
5:15 — Questions
5:30 — Conclude

Course Instructor:
Carey A. Tomlinson, PT, MPT

Carey is a physical therapist and clinical coordinator of physical therapy at The Vanderbilt Davi-O-Yani Center for Health and Wellness. She graduated from the University of Evansville with a Master’s in Physical Therapy in 2000. Carey has experience in many areas of physical therapy. In addition to extensive training by John Barnes in Myofascial Release Techniques, she has worked extensively with patients from the Vanderbilt Voice Center since 2009. She established the guidelines of treatment and manual therapy techniques for patients with vocal dysfunction at Vanderbilt. She has conducted a small pilot study of the effectiveness of this treatment and currently is involved in a larger randomized control trial.

Lab Assistants:

Jane Wcislo, PT, MS

Jane is a graduate from the University of Michigan with a certificate in Physical Therapy, and an advanced Master of Science in Physical Therapy from Long Island University. She has over 30 years of experience in many areas of physical therapy. In addition, she has advanced training in many manual therapy areas, especially John Barnes myofascial release, Paris, Maitland and McKenzie techniques. She has worked with muscle tension dysphonia patients for over 10 years, and currently is the physical therapy manager for physical thera-

Physical Therapy & The Voice

Course Objectives

The participant will be able to perform the following:

1. Demonstrate anterior cervical anatomy via lab.
2. Describe voice production and muscle tension dysphonia.
3. Describe the PT evaluation and the physical therapy treatment for patients with muscle tension dysphonia.
4. Correctly perform manual therapy techniques for patients with muscle tension dysphonia (including skills for jaw.

Continuing Education: This course has applied for approval by TPTA for 1.5 CEUs (15 continuing education hours).

Course Fee: $395

For more information, contact course instructor:
Phone: 615-322-4751
Email: Carey.A.Tomlinson@Vanderbilt.Edu