

Voice Therapy

FAQ (Frequently asked questions)



Voice Therapy



EAR, NOSE & THROAT
ASSOCIATES, P.C.

What is Voice Therapy?

Voice Therapy can be compared to physical rehabilitation for your voice. Voice Therapy aims to improve and/or restore your vocal quality through education, vocal muscular relaxation, lower abdominal breathing, vocal stretching and strengthening exercises, as well as vocal hygiene (taking care of your voice).

Through various Voice Therapy techniques and programs, simple voice exercises will be taught and practiced during your session and assigned for continued home practice. Your Speech-Language Pathologist will select the best treatment program for you depending on the nature of your voice problem.

Who do I see for Voice Therapy?

At ENT Voice, there are two certified Speech-Language Pathologists (SLP) that specialize in voice disorders. You worked with one of our SLPs at the time of your videostroboscopy (strobe). Your SLP will work with you in Voice Therapy to help you achieve the best voice possible.

Why do I need Voice Therapy?

Your physician and SLP have recommended that you receive Voice Therapy to address your voice problems such as hoarseness, raspiness, weak voice, pain with talking, vocal fatigue or voice cracks. Voice Therapy may be combined with other medical treatment, but it is the most conservative course of treatment for your voice problem. Many voice problems can be improved and a better voice quality can be maintained through Voice Therapy. In some cases, Voice Therapy can help avoid the need for surgery in the future. Your vocal health and voice quality is very important!

How long will I be in Voice Therapy?

The length of treatment depends largely on the severity of your problem. However, most patients find that their voice improves over the course of 6-8 therapy sessions. Initial Voice Therapy sessions range from 45 minutes to 1 hour, with subsequent

sessions needing less time (30-45 minutes). Voice Therapy sessions are usually one time per week initially. Later sessions can be spread out over two weeks. Your SLP will work with your schedule and make every attempt to schedule you at convenient days and times.

Will Voice Therapy help?

An overwhelming majority of our patients benefit from Voice Therapy. Most patients are relieved by how easy the exercises are and how quickly they begin to notice improvements to their voices. Your SLP is dedicated to working with you until you no longer have complaints about how your voice sounds or feels. Success in Voice Therapy is dependent upon the severity and nature of your voice problem. However, your dedication to home practice and carryover of learned skills into your everyday life is a very important factor! Voice Therapy is beneficial for a wide majority of voice problems.

Where will I receive Voice Therapy?

Voice Therapy is offered at our Dupont office location. Our schedulers will help you find the best day and time for your Voice Therapy sessions. Early morning, lunch time, and late afternoon appointment slots are available on most days in order to best accommodate you. You may call (260) 426-8117 option 4 or toll-free 888-881-4368 option 4 to schedule your appointment for Voice Therapy.

Will my insurance pay for Voice Therapy?

In most cases, Voice Therapy is a covered benefit through your insurance company. You are strongly encouraged to review your benefits when scheduling for Voice Therapy so that you are aware of any stipulations. When necessary, physician orders, letters of medical necessity, or treatment plans are submitted to your insurance company in order to approve Voice Therapy sessions. The team members at ENT Voice will guide you through this process to make this as easy as possible.

We look forward to seeing you for Voice Therapy.

Ear Nose & Throat Associates, PC

Ear, Nose and Throat Associates, P.C., is a medical practice of board-certified physicians and surgeons specializing in otolaryngology medical care and surgery. Whether we are treating children or adults, our approach is one of care and concern for the patient. Our staff of licensed clinicians and experienced office professionals are committed to you and your health.

Our Physicians

William M. Culp, MD
John E. Westfall, MD
Thomas W. Dumas, MD
David W. Stein, MD
John H. Fallon, MD
Mohan K. Rao, MD
Cynthia L. Wellman, MD
Douglas A. Nuckols, MD
Thomas W. Herendeen, MD
Stephen J. Schreck, MD
Deepkaran K. Reddy, MD
Amy L. Lai, MD
Adam R. Kaiser, MD
Brian D. Herr, MD



Nurse Practitioners

Valerie Stucky, RN, FNP, MSN
Julie Hall, RN, FNP, MSN



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