Effectiveness of a Simple Voice Training Method by Placing Great Importance on the Abdominal Type of Respiration

Takeshi Kusunoki1, Toshio Monjyu2 and Katsuhisa Ikeda1

At the otorhinolaryngology out-patient clinic of our hospital, from April 2011 to March 2012, voice therapy was performed based on a simple method of voice training which placed great importance on the abdominal type of respiration. Eight cases with vocal fold nodules, 6 cases with vocal fold polyps and 6 cases with laryngeal granulomas underwent our method of voice training. The results are summarized as follows. From the 8 cases with vocal fold nodules who followed our method of voice training, disappearance was seen within 3 months in 7 cases and reduction in 1 case. In 5 of 6 cases with vocal fold polyps and 3 of 6 cases with laryngeal granulomas, reduction or disappearance was seen. Voice therapy is recognized as the first choice for treatment of vocal fold nodules. These results suggested that our method of voice training could be useful for some cases of vocal fold polyps and laryngeal granulomas, in addition to vocal fold nodules.

Keywords: voice training, abdominal type of respiration, vocal fold nodule, vocal fold polyp, laryngeal granuloma

References

1) Department of Otorhinolaryngology, Juntendo University
2) Monjyu Voice Clinic

Corresponding Author Address: Takeshi Kusunoki
ttkusunoki001@aol.com
Endoscopic finding of vocal fold nodule (Case No 3)
Left: A patient with a vocal fold nodule at the first medical examination had hoarseness, and hyperfunctional dysphonia with severe anterior-posterior contraction resulting in contact between the arytenoid and laryngeal side of the epiglottis.
Right: After our method of voice training was applied for 2 months, the vocal fold nodule and hoarseness disappeared, moreover, the hyper-functional dysphonia, improved, coupled with a reduction in the anterior-posterior contraction of the larynx.

Endoscopic finding of vocal fold polyp (Case No 2)
A: Right vocal fold polyp at the first medical examination
B: Postoperative wound
C, D: This case with postoperative reoccurrence (C) showed disappearance after using our method of voice training (D)

Endoscopic finding of laryngeal granulomas (Case No 5)
Laryngeal granulomas with resistance to Proton Pump Inhibitor (PPI) treatment gradually showed disappearance after using our method of voice training.