

# Voice therapy



## Information for patients

### Speech and Language Therapy



## **Why have I been referred for voice therapy?**

The Ear, Nose and Throat (ENT) doctor who examined your throat and larynx (voice box) feels an improvement in your voice is possible with further advice and support from a Speech and Language Therapist.

## **Who are Speech and Language Therapists?**

Speech and Language Therapists work with a range of different conditions, including those affecting communication, swallowing, upper airways and voice.

## **What does voice therapy involve?**

Voice therapy can help improve the sound or use of your voice as well as how your throat feels. Your therapist will provide advice on how to best care for your larynx and customised exercises to help improve the way you produce your voice.

## **What happens after I've been referred?**

Following your ENT appointment, you should receive a letter inviting you to a therapy session at our department. Most patients referred for therapy will attend a voice care group for their initial appointment. The group is an information giving session about how to look after and improve your voice. You will have the chance to ask questions and meet others who have voice difficulties.

After the group session, you have two options:

- Try following advice from the session, knowing you have 4 weeks to contact us and book a follow up appointment.
- Book a follow up appointment straight away with one of our therapists, in order to plan your treatment according to your individual needs. We will try to make sure all your sessions are with the same therapist.

## What are individual therapy sessions?

The first individual therapy appointment may last up to one hour and will involve:

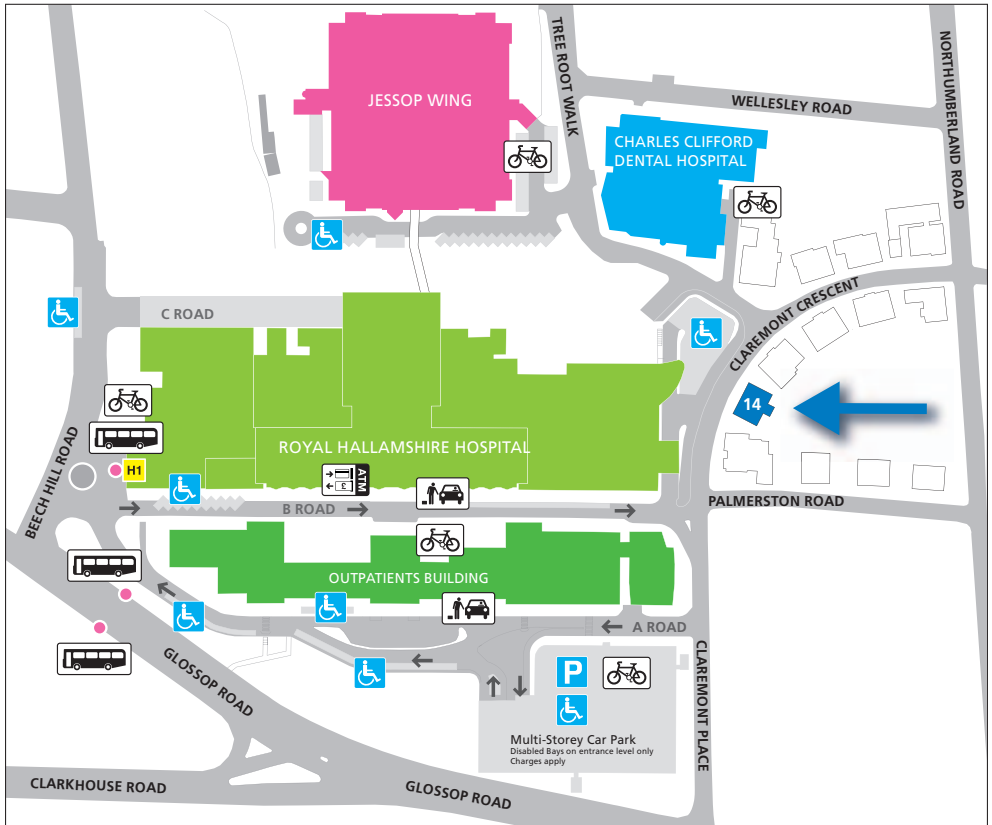
- assessment of your voice
- discussion about your diagnosis and possible causes of your voice problem
- advice and support about how to care for your voice
- deciding whether voice therapy is right for you and discussing other options if appropriate (e.g. medical or surgical)
- further investigation if necessary

You may be offered a number of individual sessions according to your needs. Most patients have between 4-6 sessions. These may involve a programme of exercises to carry out at home. Your therapist will explain the benefits of the exercises and how they may improve your voice. They will make sure you have fully consented to the proposed therapy programme. Please ask your therapist if you are unsure about any aspect of this. For treatment to be effective, it is important that you attend all your appointments and follow your exercise programme.

**If you have any questions**, please contact our department by phone: **0114 271 2676 / 271 2533**, or by post: Speech and Language Therapy, Royal Hallamshire Hospital, Glossop Road, Sheffield, S10 2JF.

## How do I get there?

The Speech and Language Therapy Department is located at 14 Claremont Crescent (please see map on next page). Car parking at the Royal Hallamshire Hospital and the surrounding area is very limited. Wherever possible we recommend that you use public transport to get here.



To help support your local hospitals visit  
[sheffieldhospitalscharity.org.uk](http://sheffieldhospitalscharity.org.uk)

Registered Charity No. 1165762



Alternative formats can be available on request.  
 Please email: [sth.alternativeformats@nhs.net](mailto:sth.alternativeformats@nhs.net)

© Sheffield Teaching Hospitals NHS Foundation Trust 2020

Re-use of all or any part of this document is governed by copyright and the "Re-use of Public Sector Information Regulations 2005" SI 2005 No. 1515. Information on re-use can be obtained from the Information Governance Department, Sheffield Teaching Hospitals. Email [sth.infogov@nhs.net](mailto:sth.infogov@nhs.net)