
Learning Objectives

MedBridge

Paradoxical Vocal Fold Motion/Vocal Cord Dysfunction Treatment

Mary J. Sandage, PhD, CCC-SLP

Course Objectives:

Upon completion of this course, learners will be able to:

- Provide speech language pathology behavioral intervention scaffold for paradoxical vocal fold motion
- Address the heterogeneity of this population for appropriate treatment planning
- Emphasize the complexity of treatment of upper airway disorders through case study approach

Chapter 1: Treatment for Paradoxical Vocal Fold Motion

This chapter will describe the stages behavioral intervention strategy, for home practice and for symptom control. There are three primary steps in the treatment pathway: train body awareness, train relaxed breathing, and train the breathing recovery exercise for PVFM avoidance and recovery.

Chapter 2: Paradoxical Vocal Fold Motion Case Studies

This chapter will apply all of the assessment and treatment material covered in the context of case studies that extend from the young child to the older adult. It will be apparent from the case studies that each client referred with this diagnosis will require a unique approach and adaptation of the basic behavioral approach.

Chapter 3: Q&A Session

In this Question and Answer session, a fellow speech language pathologist asks Dr. Sandage questions about the previous two chapters. Topics discussed include: how the amount of time a person has a cough can impact their prognosis, where to find the measurement tools mentioned in the course, and the types of measurable goals to give patients in this population.