

KINESIO-TAPING FOR SPEAKING AND SINGING

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“the use of kinesio-taping in voice therapy”

Introduction:

Kinesio-Taping was developed in the seventies by Dr. Kenzo Kase (Japan) as a treatment to correct and support joint- and muscle tissues, to reduce pain, and to cure oedema. Nowadays these elastic-tapes are a well-known and often used method in the physical therapy and in sports medicine.

Effect:

Placed on the skin the flexible tape has an active influence on the underlying fasciae and connective tissues. The elastic tape may stretch up to 140% of its starting length.

With a precise placement and setting of the direction of the tractive (pulling) effort of the kinesio-tape, there will be a ‘skin-lifting’ activity which can have a positive effect on movement, pain relief, circulation and lymphatic tissue.

Novel application in voice & speech therapy

In voice therapy, kinesio-taping can be used as a supporting treatment for throat, voice and swallowing complaints, reduce pain and release ‘globus’ sensations, and help in the relaxation of hyper-tensed muscles of the larynx, the face, jaw, neck and shoulders. It’s an ergonomic, user-friendly and well to tolerate tape; mostly used in skin-colour. The tape can easily stay on the skin for a longer period.

By developing the skill to use the kinesio-taping, the speech therapist adds a valuable expertise to his/her voice therapy. The principles are easy to learn. However, the tape placement is a critical factor that needs to be trained in combination with insights on the “kinetics” of the underlying structures. It helps to have some experience in Laryngeal Massage Techniques.

Workshop content:

After an introduction on the functioning of kinesio-taping and the effects on the connective tissues, participants can experience (see & feel) the effect of a Kinesio-Tape on position and movement of their larynx.

A kinesio-tape will be placed in the course of the Musc. Sternohyoideus. In the application we will make a difference in tape-direction and tape-tractive to experience the change in throat- and voice qualities.

Over the last 20 years Carla de Graaf & Rob Stallinga organized workshops for speech & voice therapists in ‘massage and voice’. Over the last 2 years they presented several Kinesio-Taping courses & workshops and continue on developing Kinesio-Taping techniques in voice therapy for speakers and singers.